

The Skinny Jean Workout

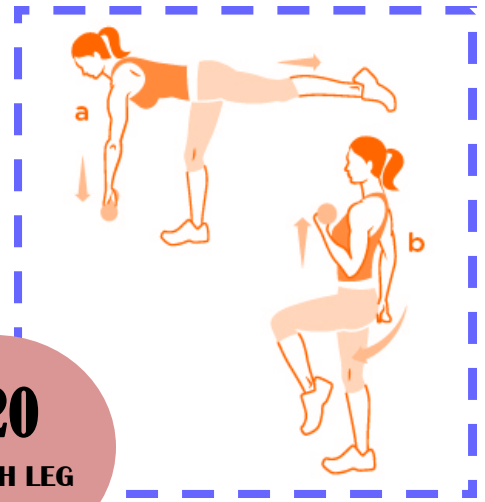
A Lower Body Workout Week

The Three Way Lunge



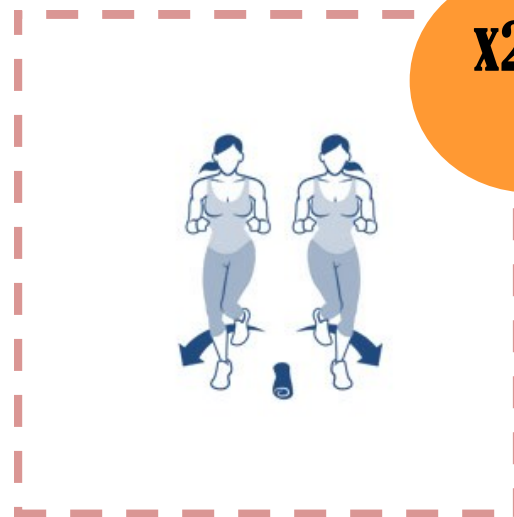
x20
ON EACH LEG

The High Knee Kick-Back



x20
ON EACH LEG

The Towel Hop



x25

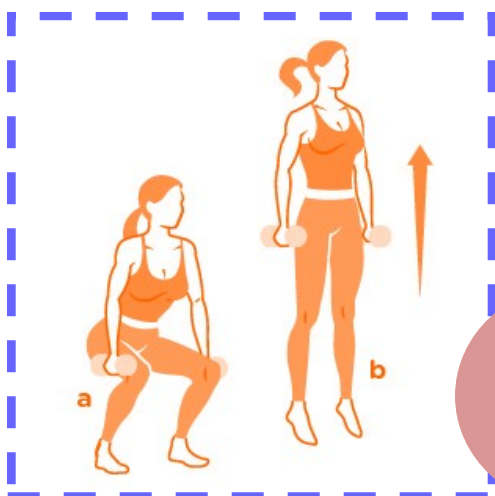
KIM
Keep It Moving Fitness

The Hip Raise



x25

The Squat Jump



x25

Complete these exercise followed by a 10 minute run.

DO THE ENTIRE THING 2-3 Times (including the run)

Do this workout on 3 nonconsecutive days this week and on the days in between complete any cardio workout at www.keepitmovingfitness.com