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PATENT PENDING

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Lower Body



Laying Inner Thigh- Lie on your side. Place your top leg behind the bottom leg (the leg in which your ankle cuff is attached), which is fully extended. Keep this knee bent and place your foot on the floor. Prop yourself up on your elbow as shown or extend your arm and rest your head on that arm. Lift the foot of your bottom leg (which is straight) and raise it toward the ceiling, then slowly lower to the floor. Repeat.



Glutes- Turn so that you are on your knees and elbows with your back flat as illustrated. Press down on the board with your base leg while extending and lifting your working leg until straight. Slowly release and repeat for the desired number of repetitions on each leg. TIP: Leaning on your elbows keeps your back in line and takes stress off your back muscles.



Glutes and hamstring- Turn so that you are on your knees and elbows with your back flat as illustrated. Press down on the board with your base leg while extending the working leg. Slowly curl your leg towards your backside by bending your knee until you create a 90° angle. Slowly extend your leg keeping a slight bend at the knee. Repeat for desired number of repetitions on each leg. TIP: Leaning on your elbows keeps your back in line and takes stress off your back muscles.



Laying outer hip- Lie on your side and prop yourself up on your elbow, or relax your torso and head on your arm. Slightly bend your base leg with your working leg on top. Extend your working leg out keeping a slight bend at the knee. Point your toes toward the floor or straight in front of you and lift your working leg to a comfortable level while squeezing your outer thigh and buns. Slowly release and repeat.



Quadriceps- Lie on your back propping your torso up by leaning on your elbows. Bend your non-working leg so that your foot is flat at the end of the mat. Extend your working leg out straight keeping a slight bend at the knee. Slowly lift your working leg up while slightly pressing your non-working leg down (by doing this, you will engage your lower abs). Slowly release.



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Quadriceps and abs- Lie flat on your back and extend your arms above your head. Bend your base leg and place your foot at the end of the mat. Extend your working leg out keeping a slight bend at the knee. Slowly lift your working leg and crunch like you are going to touch your toes stopping at a comfortable level. Slowly release and repeat.

