

POPSUGAR

# SHAPE UP

— *for shorts and skirts* —

## LEAN LEGS WORKOUT

(REPEAT TWO TIMES)

10  
CURTSY SQUATS  
(EACH SIDE)

10  
BURPEES

20  
PILATES  
SIDE-LYING  
LEG LIFTS

20  
STAR JUMPS

20  
SIDE SKATERS

10  
SQUATS

10  
SINGLE-LEG  
BRIDGES  
(EACH SIDE)

