



FITNESS Q & A: HERE'S TO A HEALTHIER YOU!

Question: What is a good exercise for my legs and buttocks?

Answer:

I love this move. It makes me sore EVERY time! With back to bench or chair, stand a foot in front of bench seat and bend elbows to clasp hands in front of chest. Lift left leg straight in front of you a few inches off the ground and bend right knee to sit down briefly on bench. Keeping left leg raised throughout, stand up immediately, pressing through right heel to straighten right leg. Repeat 10-12 times and switch legs.

