



How to Exercise to Lose Weight on Your Thighs

Overview

If you want to tone your thighs to slip into a pair of skinny jeans--you can do it. While spot reduction, or targeting a specific area for weight loss, is impossible, you can tighten and tone thigh muscles with certain exercises. Combine thigh exercises with regular cardiovascular activity, strength training and a healthy diet and you will be in your jeans in no time. Do the exercises two to three times a week for the best results.

Wall Squat & Inner Thigh Squeeze

Step 1

Rest your head and back against a wall. Walk your feet out in front of you, stopping when your knees are stacked over your ankles.

Step 2

Lower your body into a sitting position--stop when your hamstrings, or the back of your legs, are parallel to the ground.

Step 3

Place the ball in between your thighs. Squeeze your thighs against the ball and hold this position for one minute.

The Bridge

Step 1

Lie face up on a mat. Lift your knees and place your heels 5 inches from your glutes. Place the ball in between your legs--slightly above your kneecaps--and squeeze your thighs against the ball.

Step 2

Push up through your heels. Lift your hips and glutes towards the ceiling. Stop when you form a straight line between your shoulders, hips and knees. Lower your body towards the ground--stop right before your glutes hit the ground.

Complete 15 repetitions.

Step 3

Keep your glutes and hips in the air during the final repetition. Hold for 30 seconds then release.

Jumping Squats

Step 1

Stand with your feet shoulder-width apart. Tighten your midsection and straighten your back. Lift your arms directly in front of you. Stop when they are parallel to the ground.

Step 2

Stick your butt out behind you and lower yourself towards the ground. Pretend that there is a chair 1 foot behind you and that are trying to sit on it. Stop when your hamstrings are parallel to the ground.

Step 3

Reach your arms overhead, push up through your heels and jump as high as you can. Land softly on your feet. Reposition yourself and regain your balance before starting the next repetition. Complete eight to 10 repetitions.

Bouncing Lunges

Step 1

Stand with your feet shoulder-width apart and slightly bend your knees. Step your left foot forward 2 feet. Align your left knee directly above your left ankle. Lift your right heel and come onto the toes of your right foot.

Step 2

Contract your midsection, straighten your back and slowly lower your right knee towards the ground. Pause before your knee hits the ground.

Step 3

Push up through your left heel and lift your body 3 inches. Lower and repeat. On the third push, lift your body to standing and switch legs. Alternate legs until you complete 10 repetitions on each side.

References

- "ACE Personal Trainer Manual"; American Council on Exercise; 2003
- Fitness Magazine: Our Top 10 Thigh Exercises