

BEAUTY BLOG



beauty buzz

beauty director eva chen shares the hottest trends, backstage know-how, and must-have products.

ARCHIVE

march 2008

february 2008

january 2008

december 2007

november 2007

october 2007

september 2007

august 2007

july 2007

june 2007

thigh master

Ladies, you wanted some thigh tips... Here, some thigh tips from Erika Bloom of Erika Bloom Pilates Plus in New York City:

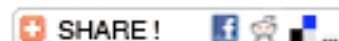
"You can slim the legs without creating bulk and keep the shape of your butt. These exercises do this by targeting mainly the inner thighs using your own body weight while also providing some toning for the hamstrings, quads, and outer thighs.

1) Side splits: Lay on your back with your legs up to the sky so your hips are at a 90 degree angle. Keeping your knees straight and your legs reaching long, open the legs away from each other into a 'side split', then pull them back together to starting position. Make sure to keep your abs engaged and your neck and lower back relaxed. Perform 20 reps!

2) Inner thigh lifts with Circles inside of a dime: Lie on your right side with your left leg bent, left foot or shin in front of your right leg on the floor. Check that your abs are engaged and your hips are 'stacked' on top of each other. You can place your left hand on the floor for support or keep it on your waist. Keeping the right knee straight and the leg reaching long, lift the leg towards the ceiling 15 times, holding the last one at the top. Then begin drawing small circles with the leg, as though drawing a circle inside of a dime with your big toe, keeping the knee straight. Perform 15 counter clockwise, then reverse to perform 15 clockwise. Repeat the entire series on the opposite leg."

march 10, 2008

[tips](#) | [permalink](#) | [comments \(3\)](#) | [e-mail](#)



<< [previous post](#) | [beauty blog](#) | [next post](#) >>