

## *Thighs, Buttocks & Legs - shop* (lower body)

So you want a  
fabulous-looking body?

Start working those areas that are neglected  
when sitting - legs, bums and tums - and you  
can guarantee a firmer and more toned body.



Using leg exercises to stabilize and realign your pelvis will re-shape your figure. All the exercises are, in fact, “tummy” exercises, as they are supported by the deepest core muscles.

The upper body weight is approximately 50% of your total body weight and the pelvis divides this weight between the two legs. The correct strength and length of the leg muscles are crucial in walking, running, jumping, dancing. These muscles also need to have the power to squat and step and the mobility to swing - at least the forward leg into the ensuing step - and the bums to have a powerful role as hip extensors.

We focus specifically on the lateral rotation of the hip to stabilize the knee and steady the pelvis on the head of the femur. For instance, if the tensor fascia latae is tight or shortened, it will lead to pelvic imbalance, even pain in the hips and the lower back and the lateral area of the knees. Also when this fascia is shortened, it makes it difficult to extend (straighten) the hip joint and flex (bend) the knee joint.

*Join us to gain a strong and functional lower body – the foundation for all movements.*

### DATE

Tuesday 6th March • TIME 2-4.15pm

### PRICE

£105 (note: maximum 8 participants)

### BOOKINGS & ENQUIRIES

Call 020 8878 7384

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