

# TONE YOUR LEGS with Gretchen Bleiler's Gold Medal WORKOUT

Gretchen Bleiler is a 2006 Olympic Silver Medalist in women's halfpipe snowboarding, and a 2010 Olympic hopeful. Her official 24 Hour Fitness Gold Medal Workout will help you get your legs in top form – whether you're hitting the mountain, tearing up the tennis courts, or just want a stronger base. Try some cardio as a warmup, and then get started!



## LUNGES WITH MEDICINE BALL

Strengthens core, quads, and glutes

Stand erect while holding a medicine ball straight in front at shoulder height. Keeping ball at shoulder height, step forward with right foot at 2 p.m. and perform a lunge, then return to starting position. Repeat with left foot, stepping forward at 10 p.m. Perform 3 sets of 10 reps per foot.



## SQUATS ON THE BOSU BALL

Tones and strengthens lower body

Stand on an upside-down BOSU® Balance Trainer. Use good posture with feet shoulder-width apart. Place hands behind head and draw in abdomen. Perform a three-quarter squat, keeping knees aligned with feet facing forward. Return to a fully upright position. Do 3 sets of 10 reps.



## LATERAL TUBE-WALKING

Strengthens core, glutes, abductors, and adductors

Step both feet inside the resistance tubing and place just above ankles. Maintaining good posture, step directly to the right so feet are two shoulder-widths apart. Bring left foot inward until feet are again hip-width apart. Do 3 sets of 10 reps in each direction.

**Now, do 5 to 10 minutes of cool-down stretching, and you're done!**



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