

11 Simple Exercises That Target your Thighs

It's unrealistic to think you can lose your thigh fat with only a couple of exercise routines. You can only expect to see tangible results within one month to six weeks, especially if you are targeting your thighs about thrice a week. You don't even have to use any complicated exercise machine – just follow these thigh-targeting moves.

The towel squeeze.

1. With your knees on a bending position, put your back in a lying-down position on the floor. Keep your feet flat on their soles and your arms flat and relaxed on either side while fixing your gaze straight ahead.
2. Insert a small folded towel between your left and right knees.
3. Keeping your knees close to each other, squeeze them into the inserted towel. Raise your hips as high as possible. Lower your hips after holding for two counts, and then do 15 repetitions.

Squat and pick up dumbbells.

1. Position your feet away from each other at a shoulder-wide distance while letting each of your hand hold an eight-pound dumbbell by the side.
2. Get your knees to bend at an angle of 90 degrees. Put down each dumbbell outside your left and right foot while making sure your chest is lifted.
3. Get yourself to a standing position and then back to a squatting position as you pick up the weights again.
4. Do the same routine for one minute; alternate picking up and lowering of the weights.

Make like a frog.

1. Lay your arms by your sides in a relaxing way as you place your back on the mat or ground.
2. Draw in your abdomen as you gradually tuck your knees in, chest-wards.
3. Do flexing motions with each of your left and right foot while bending your knees outwards and sideward. Make sure your heels are touching each other.
4. Move your legs with a pressing motion to widen them at an angle of 45 degrees, and then bring together your inner thighs by squeezing your knees' backs close to one another.
5. Keeping the same angle of 45 degrees, bend your knees in again.
6. Do the same movement in 15 repetitions.

Do some plyometric squatting.

1. Place your two feet apart from each other at a shoulder-wide distance.
2. Bring your body down to a squatting position as you bend your knees at an angle of 90 degrees.
3. Bring your body to a standing position by jumping up (using your legs' and butt's strengths), and then get back into your squatting position by landing softly on the ground.
4. Softly land again on the ground to a squatting position, keeping your knees bent this time and your weight back.
5. Do three sets of the same routine in 8 repetitions.

Kick around and stretch out.

1. Hold onto a chair's back while standing and pressing your shoulder blades backwards and downwards.
2. Raise your right leg after bringing your weight onto your left foot's ball part.
3. Pull your abdominal muscles in and lift your right leg over your left leg across your torso.
4. Swing your right leg out to your right side while maintaining the position of your flexed toes and turned-out toes. Let momentum do the work of swinging your right leg through the left part of your butt.
5. Keeping your hips in a face-forward position, do 10 repetitions of this movement to complete a set.
6. Do the same routine with your left leg.
7. Perform a second set after taking a breather.

Make like a skater.

1. Bring your feet together with the toes pointed in a forward direction. Place each of your arms by your left and right side, and keep your head and neck facing straight ahead.
2. Using your right foot, do a wide-skate step to your right side. Bring your left foot toward your right foot in a dragging motion while allowing your left arm to reach forward. Bring your right elbow in again to do a skating motion.
3. As fast as you can manage, change directions and do the same movement using your left foot.
4. Perform as many repetitions as you possibly can in one minute, doing alternate movements from the left side to the left side.

Do a lying-down circle tracing.

1. Lie down with your back on the mat, making sure that your arms are by your left and right side and that your palms are placed face-down on the mat.
2. Using your toes, point your left foot upward and then slightly rotate your leg outward.
3. Breathe in as you use your left leg to trace on the ceiling a circular shape. Move your entire leg while preventing your left hip from being lifted off the mat.
4. Moving your leg clockwise, do the same tracing movement in 5 repetitions. Do the same movement in the opposite direction (counter-clockwise).
5. Do the same routine on your right leg in 5 repetitions.

Sit on your heels with a ball.

1. Insert a ball between the area where your lower back curves and the wall.
2. Stand straight as you position your feet apart with a shoulder-wide distance between them.
3. Get your knees to a bending position and, making sure your hips are square and your shoulders are level, lower your body about five to ten inches. Return to a standing position after holding the bending pose for about three seconds.

4. Do 5 repetitions of this exercise before moving up to twelve, making sure to rest for half a minute before doing another set.

Work your inner thigh area.

1. Using your left leg, do a standing position. Raise your right leg above the ground by a couple of inches while bending your knee.
2. Twist your left knee sideways, and then raise your right heel above your head while bringing your left leg across your body at the front.
3. Bring your right leg down, and then raise it up while keeping your heel up as well.
4. Do 15 repetitions of this exercise on each side.

Perform seated knee bends.

1. Press your hands on the floor while sitting down, with your hands placed on either side of your hips.
2. Bring your knees to an inward bending position. Let your knees touch and hold that position as you point your toes and you fix your gaze straight ahead.
3. Contract your muscles in the abdomen as you slightly lean forward.
4. Keep your knees opened to either side as you trace the floor with your toes, and then bring your knees together so that they touch.
5. Do 20 repetitions of this movement.

Greet the sun (Surya Namaskaar)

1. Stand tall on your exercise mat. Make sure your feet are close together, your arms are by left and right sides, and your weight is evenly distributed through your soles.
2. Do a single deep breath as you lift your two arms above your head while slightly raising your chin. Use your fingertips to reach toward the direction of the sky as you keep your palms facing one another and your arms straightened out.

3. From the second step, bring your arms to your sides with a sweeping-down motion. Make sure to breathe out as you do a forward swan-dive as you bend forward.

Bend your body at the hips as you try to touch the mat on the sides of your two feet with your fingertips or palms. If you feel like any area around your hamstrings or back start to tighten, try bending your knees while keeping your fingers in perfect alignment with your toes.

4. From the third step, place your back flat on the mat, and then breathe in as you lift your torso to your waist height while maintaining your back's flat position.

Fix your eyes toward your front while you reach with your behind away from your head's crown. Make sure that your head is in alignment with your backbone and that your navel is pulled in.

5. Bend your body at the knees and then position your palms flat and face-down on the mat, keeping a shoulder-wide distance between them.

6. Walk backwards and then lift your pelvis (hips) until you assume a downward-facing dog position. Keep your fingers spread out and your feet parallel and apart with a hip-wide distance between them. Do a reaching pose with your behind facing the sky and hold the position for several seconds as you breathe.