

Exercises for Thighs

For Women (and men
too ;-)

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When I mention the words effective thighs exercises to have -toned thighs- or -lean thighs- I don't mean growing unnatural thigh muscles that look too muscular and too lean like those professional women's and men's bodybuilders.

Anyways, this is only a very small percentage of the population who are required to do that as part of their job!

At the same time, the other side of this extreme is also not pleasing to look at or even healthy for that matter.

Let me explain, if you take a visit to the neighborhood gym or any gym for that matter, there is a big chance that you will see a large number of gym members walking around on legs with circumference of ahh...let's see...an 8 year old boy's legs!

If your legs do enough work during the day to stimulate the many muscles that make up your legs then you won't need to exercise them.

That is not the case though; many of us sit on a chair and work, the occasional walks to the bathroom or to Starbucks to get your Venti Mocha Coconut Frappucinois blah blah blah... is not enough.

Even those individuals who do stand for a considerable time during the day like teachers or fast food and cashier employees are not doing enough work to stimulate their leg muscles.

Also, for those who do work out, many of these trainees focus on their upper bodies (like biceps, six pack abs and of course the bench press -chest- exercise) and they forget they have bigger muscles that are equally important as the upper body muscles. And that is exercising the legs or thighs muscles!

Why exercising thighs is not a priority for many people:

The possibilities are many but let me mention some that I have learned during my journey of training...

- Because they think training their thighs is boring and not as much fun as exercising their arms or chest.

- Walking and jogging will do the trick but they are not effective thighs exercises.

- They hate it! It's harder and takes longer to build thighs.

A few words about the last point; it is very true that performing effective thighs exercises like squats (using free weights or bodyweight) or lunges for many trainees are difficult to do.

These exercises are hard to do for many people maybe because of weak leg muscles or/and postural deviation problems.

Building strong lean thighs or toned thighs take some time like any other muscle in your body and particularly your largest body muscles, and reasonable hard training, but the rewards my dear readers are worth every minute of it.

Your thigh muscles are the biggest muscles of your body and burn calories the most. And your whole body will be more symmetrically proportioned because your thighs will look beautiful and...Ahem...proportionately bigger than your arms.

Last but very a important point regarding training your legs; in order to have toned thighs and lean thighs you must exercise all your thighs muscles.

Some of the muscles of your legs are the following...

- Hip flexors muscles like ilioasoas, pectineus, rectus femoris and sartorius.

Side position leg muscles, like, glutes medius and minimus, external rotators and tensor fasciae latae.

In the back position of leg muscles are the hamstrings muscles and glutes maximus.

- And there are more muscles in the medial position in the leg muscular system.

Some of these muscles share some of the tasks and others do different unique tasks on their own.

So the point here is to show you that your thighs in order to have the best muscular development and be as functional as they can be, then they must be trained in different movements or plain directions in order to involve and stimulate those muscles. And that is why it is important to implement effective thighs exercises.

The Magic Bullet

If there is any magic pill for the best thigh exercise and developing firm thighs, sprinting would definitely be among the top choice, period.

Having nice looking thighs, building speed, and gaining strength sprinting which is an anaerobic type of training is an effective method that you won't go wrong with.

The problem is that not too many trainees like to perform it, because it is "hard". It is true, performing this type of leg exercise requires more focus and effort.

Almost everything is hard when it is tried at the beginning but things get easier after a while.

Well, to be honest with you I still find it hard to see people wearing weightlifting belts when they are lying down on the machine and performing leg curls or performing Lat-pull down, unbelievable!!!

Now back to sprinting for toning legs; like any other physical training that is new to you, it is necessary that you should go easy at first and gradually progress, and in no time you will be good at it and in our case you will be getting good at sprinting.

If you look at sprinters whether on TV or live and whether at the professional level or college levels they all possess a beautiful physique and particularly their toned and firm thighs.

I think most of us; men or women would like to have something similar like their thighs, and you will if you include leg training sprinting in your regular workouts.

So, if you don't like what you see in the mirror and I am talking below the waist line or you wear pants all year round even if it's 103 degree Fahrenheit then may be you should start building your legs muscles!

If you start off with good leg training then your time is well invested, my friend.

Important Guidelines Prior To Sprinting

Sprinting is very demanding on the body tissues, including muscles, tendons and ligaments. Therefore, stretching and warming up are essential to prevent related injuries and especially for those who have not performed sprinting before.

Performing these stretches is a very good idea before you sprint: I would not be exaggerating if I stated that

"In our present time, we need to stretch everyday and provide mobility to our joints and muscles because of our limited daily movements".

So performing stretches on a daily basis and for the whole body is an excellent idea.

Understanding your joints' range of motion and how much they are deprived of this motion it is no wonder we have so many people who have hurt their shoulders and back from simple movements.

Here are some beneficial stretches for some of the major muscles and joints that are involved in sprinting. Do them prior to the exercise

- Ankle circles (O'clock wise and counter O'clock wise)
- Ankle dorsiflexion and plantarflexion
- Hamstring stretch
- Quadriceps stretch

Warming up

To warm up before sprinting is always a good idea too, this way you will get a good sense of how your body is feeling and if you are ready to perform the workout. Listen to your body all the time.

Jogging for 5-10 minutes after you have done the above recommended stretches is a good warm up.

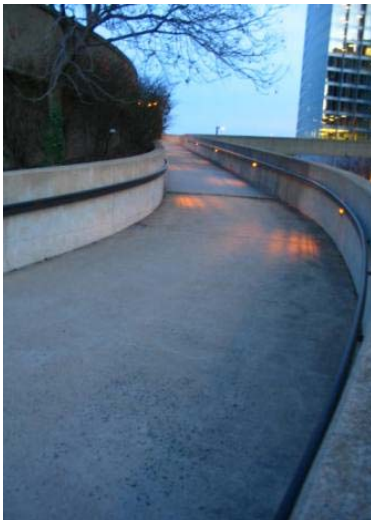
Up Hill Running

If you take off your pants now, do you see nice looking **firm thighs**? I'm sorry I couldn't hear you, did you say...Sort of? Well the answer "sort of" is closer to the answer NO than yes!

As the saying goes - all roads lead to Rome - as some roads will take longer than the others to get there and some roads maybe even won't get you there at all!

The same thing goes with exercising your legs. If you perform less effective thigh exercises, you will most likely have to have to continue a very long time to see noticeable improvement, or you may not see any noticeable improvement.

Jogging or running is great for burning a lot of calories and other general health benefits like strengthening your heart muscle and lungs too.



This is a gradual uphill platform which can be a good start, if you have not done any uphill running.

However, there are few benefits that jogging or running can achieve when you are trying to build muscular legs and give the thighs a firm and sexy look.

Now please, don't stop running as an excuse because like I mentioned before there are many health benefits that you will derive by continuing to run.

But you should think of doing something different if one of your needs is to transform your legs to a better shape and make them stronger.



This uphill platform is much steeper than the first one. Ouch.

One old tradition exercise that is not commonly performed these days is the uphill running.

Running fast pace (not sprinting though) on an even platform is effective for building muscular legs and imagine if you perform fast running on ascending a platform, you will get even more effective thigh exercise and have results even faster.



When you are running on an ascending platform rather than the level platform it is like you're adding weight resistance on your legs muscles and at the same time you're running.

And those muscles will work harder and harder and after some time, they have to adapt and build more of the fast-twitch muscle fibers that will give you the firm thighs look that separate your thighs from your butt muscles, something you will like whether you are a woman or a man.

There are different degrees of uphill platforms, of course, the steeper the incline the harder it becomes and the more work for your thighs to perform. This translates

Here are some uphill areas that you see and have a sense where to look. There are paved uphill sidewalks and also grass or dirt uphill places where you can perform your thigh exercise.

You also have the option to perform fast uphill running on a good quality treadmill that has an incline feature which many of them do nowadays.

So if you want a one heck of a short road leading you to Rome then give the uphill run a try. And sooner than you think you'll have **firm thighs** and your friends will ask you what is your secret!

The Author of Exercise for Thighs



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