

TV personality, author, lifestyle and fitness expert Lisa Raleigh will help you achieve your desired celebrity body.

BY LISA RALEIGH

# GET LEGS LIKE

# Ashlee's

**T**HIS former singer and songwriter is ready to jump back into the spotlight alongside her husband with their new *Ashlee + Evan* reality show. And the 33-year-old is ensuring she makes a show-stopping debut with plenty of time in the gym.

INCLUDE these three moves into your workout for toned legs like Ashlee's:

\* **Prioritise Your Workouts:** Ashlee is an exceptionally busy mom of two, but gym time is sacred to her. Despite an erratic schedule, workouts always remain a regular feature.

\* **Have Incentives:** The songstress is a self-proclaimed foodie, and would rather spend extra time in the gym than cull her favourite foods.

\* **Opt For Circuit Training:** The star keeps her heart rate up and practises varied compound moves to torch calories.

1

## Step Up And Side Kick

STAND to the side of an elevated surface, like a step or bench. Take a step onto it, rise up and kick your other leg out to the side. Lower back down to your starting position. Practise 12-16 reps, or as many as it takes to feel a burn.



2

## Scissor Sumo Squat Jumps

STAND with feet wide apart and forearms held parallel to the ground at chest height. Sink down into a sumo squat, lowering your glutes as low to the ground as you can. Spring up into the air, crossing ankles mid-jump, then land back into a sumo squat. Practise 12-16 reps, or as many as it takes to feel a burn.

3

## Leaning Calf Raises

STAND roughly a metre from a wall, and hold an exercise ball against it with your forearms. Strongly push up onto your toes, pause for a moment then lower back down to your starting position. Practise three sets of 12-16 reps, or as many as it takes to feel a burn.

