



THINNER *thighs* IN 30



EXERCISE PLAN

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TT30 Exercise Plan

As you will, hopefully, now know, the most important factor in slimming down your hips, butt and thighs is to get your hormones back in balance: principally to balance estrogen and progesterone, but also to keep cortisol levels low. Hormone balance is king...or rather queen!

But I want to go a step further and give your body the boost to burn as much fat as possible from this area by adding a targeted exercise plan into the mix.

This concept of targeted exercise is often labelled **spot reduction**.

But the idea of **spot reduction** can be a little misleading. It's not quite as simple as banging out hundreds of sit-ups to burn belly fat. Such sniper-specific fat reduction in this way doesn't work ¹⁻⁴.

But don't despair. A degree of targeted stubborn-fat reduction is absolutely possible if you follow a specific **2-step protocol**. And this protocol is built into TT30.

TT30 Spot Reduction Protocol

STEP 1 **Focussed resistance training** to increase blood flow to the muscles next to the stubborn fat you want to melt away, immediately followed by...

STEP 2 **10-30 minute cardiovascular session** (length depends on choice of cardio)

How Does It Work?

Stubborn fat often lacks blood flow. Research now shows that by increasing blood flow to these stubborn pockets, you can encourage these areas to release more fat ⁵.

In 2017, a study in the Journal of Sports Medicine and Physical Fitness⁶ found that focussed lower body strength training followed immediately by a cardiovascular exercise, resulted in more fat loss from the lower body when compared to a group following the same diet followed instead by full body exercises.

So, while it might not be possible to target one highly specific area like your right arm, or your lower belly, it's very much possible to encourage an

increased amount of fat loss from your lower body with this technique, especially if we turn off your “Thigh-mones” first.

What is the TT30 Exercise Plan?

The TT30 Exercise Plan follows the above Spot Reduction Protocol of **resistance training** immediately followed by **cardio**. It includes:

6 Focussed Lower Body Workouts (3 for weeks 1 & 2 and 3 for weeks 3 & 4), which increase in intensity over the 30 days.

2 Bodyweight Cardio Workouts to choose from to follow your lower body session.

Alternative Cardio Options

For best results, follow one of the TT30 Bodyweight Cardio Workouts directly after your Focussed Lower Body Routines.

But variety is the spice of life and to keep you motivated over the next 30-days, feel free to mix the TT30 Bodyweight Cardio with some other forms of cardiovascular exercise.

The key thing is to choose something that both exercises your legs **and** gets your heart rate up.

Here are some alternatives that would work:

- 20–30-minutes brisk walk
- 10-30-minutes steady run
- 15-20-minutes sprint training (1-min on/1-min off)
- 20-30-minutes steady cycling
- 20-30-minutes of basketball (or other sport of your choice)
- 10-20-minutes of rollerblading
- 10-20-minutes of dancing

Results

If you stick to this plan for 30-days, I have no doubt you’ll see a fantastic transformation in the size, shape and tone of your hips, butt and thighs. Just a couple of inches can make a huge difference to your appearance and make slipping into a pair of skinny jeans feel effortless (and joyful!).

But, you’re going to have to put some effort in.

The Rules

There are a few rules you must follow if you want to get the best results from the program. Not many, I promise. Here they are:

RULE 1: DO 3 TT30 WORKOUTS PER WEEK

I want you to do **AT LEAST 3 TT30 workouts each week**. That's 14 workouts over the 30-day period. I know you can handle that.

You can do more if you want, but 3 per week is the minimum I want you to commit to.

If your muscles have been out of action for a while, you might well need some extra recovery time before hopping into the next routine. So you can spread the 3 workouts across the week as your muscles, and schedule, allow.

If you feel you're ready for more, then simply rotate the routines more often - up to a maximum of 5 routines in a week. Rest and recovery time is very important.

You can still do your regular HIIT, yoga, Pilates, Zumba, etc alongside this plan but do stay focussed on the number one goal, the whole reason you purchased this system: thinner thighs. Make sure you prioritise your TT30 workouts above all others.

Each routine is a carefully designed set of movements that will convert your effort into the best results for your legs, bum and hips. You may have come across one or more of these exercises at some point, which is great. There are hundreds of variations of them, but there really is no need to reinvent the wheel or overcomplicate things.

RULE 2: (MOST IMPORTANT) FOLLOW THE 2-STEP SYSTEM

1. focussed lower body resistance exercise, immediately followed by
2. 10–30-minute cardiovascular exercise session

RULE 3: READ THE TT30 DIET & LIFESTYLE PLAN

This program is not just about the exercise regime. To get fat burning from your lower body, ensuring your hormones are in balance is critical. So, you must read the TT30 Diet & Lifestyle Plan and follow the advice included in it if you want to reach your goal.

Post Workout

Just as important as your workouts is your recovery.

Your butt and thighs are going to be sore at some point over the next 30-days (if you're following the program!). The first few days are often the worst, but do persevere. It will all be worth it! Soreness is not a bad thing: you want to be a little sore as it shows that your muscles are being worked hard and muscle tone will be improving.

To help speed up your recovery post-workout there are things you can do:

Cool Down

Yep, so simple. But if you're feeling stiff and sore then spend a little extra time cooling down. Stretching will help a little too.

Walk

I've mentioned this already, but walking not only helps reduce your stress, it'll also help reduce soreness and stop your legs from seizing up.

Get up and move to aid circulation and flush the muscles, especially on those rest days. I recommend walking for anywhere between 10-30 minutes.

While you walk be mindful of your surroundings. This means no mobile phone or any other distractions. As well as helping your legs recover, this can also be a time to de-stress and reduce those cortisol levels, which is an important component of unlocking the fat cells from your thighs.

Foam Roller

This is essentially a giant rolling pin that you use on your body. It's a cracking tool and works a lot like massage therapy. Rolling on top of these giant rolling pins helps flush and separate bound up muscle.

However, foam rolling can be painful the first few times you give it a whirl, as this is indicative of bound up muscle tissue. So go gently at first.

You've been warned! 🤨

30-Day Workout Schedules

Scheduling the TT30 workouts into your diary for the next 30-days will help you stick to the plan and get the best results.

And to make it super easy for you, set out below are some example 30-day workout schedules to stick on your wall, fridge, bedroom mirror, or somewhere else visible, so you can see at a glance what you need to do each day.

The schedules are graded as beginner, intermediate or advanced, depending on your fitness level.

But they are not rigid. As I have already said, you can swap the workouts around and add in your own yoga, Pilates, Zumba, dance into your week as long as you follow my rules above.

So, you're ready to get started. I know you will be brilliant. Just remember to have fun and enjoy every moment!

Beginner

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Inside-Out TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Peach TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Burn TT30 Cardio/Alt Cardio	Optional: Alt Cardio/Stretch	Optional: Stretch/Yoga
Week 2	Inside-Out TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Peach TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Burn TT30 Cardio/Alt Cardio	Optional: Alt Cardio/Stretch	Optional: Stretch/Yoga
Week 3	Inside-Out 2 TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Peach 2 TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Burn 2 TT30 Cardio/Alt Cardio	Optional: Alt Cardio/Stretch	Optional: Stretch/Yoga
Week 4	Inside-Out 2 TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Peach 2 TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Burn 2 TT30 Cardio/Alt Cardio	Optional: Alt Cardio/Stretch	Optional: Stretch/Yoga
Week 5	Inside-Out 2 TT30 Cardio/Alt Cardio	Optional: Walk & Stretch					

Intermediate

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Inside-Out TT30 Cardio/Alt Cardio	Peach TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Burn TT30 Cardio/Alt Cardio	Inside-Out TT30 Cardio/Alt Cardio	Optional: Alt Cardio/Stretch	Optional: Stretch/Yoga
Week 2	Peach TT30 Cardio/Alt Cardio	Burn TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Inside-Out TT30 Cardio/Alt Cardio	Peach + TT30 Cardio/Alt Cardio	Optional: Alt Cardio/Stretch	Optional: Stretch/Yoga
Week 3	Burn 2 TT30 Cardio/Alt Cardio	Inside-Out 2 TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Peach 2 TT30 Cardio/Alt Cardio	Burn 2 + TT30 Cardio/Alt Cardio	Optional: Alt Cardio/Stretch	Optional: Stretch/Yoga
Week 4	Inside-Out 2 TT30 Cardio/Alt Cardio	Peach 2 TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Burn 2 TT30 Cardio/Alt Cardio	Inside-Out 2 + TT30 Cardio/Alt Cardio	Optional: Alt Cardio/Stretch	Optional: Stretch/Yoga
Week 5	Peach 2 TT30 Cardio/Alt Cardio	Burn 2 TT30 Cardio/Alt Cardio					

Advanced

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Inside-Out TT30 Cardio/Alt Cardio	Peach TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Burn TT30 Cardio/Alt Cardio	Inside-Out TT30 Cardio/Alt Cardio	Peach TT30 Cardio/Alt	Optional: Stretch/Yoga
Week 2	Burn TT30 Cardio/Alt Cardio	Inside-Out TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Peach TT30 Cardio/Alt	Burn TT30 Cardio/Alt Cardio	Inside-Out TT30 Cardio/Alt Cardio	Optional: Stretch/Yoga
Week 3	Peach 2 TT30 Cardio/Alt Cardio	Burn 2 TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Inside-Out 2 TT30 Cardio/Alt Cardio	Peach 2 TT30 Cardio/Alt Cardio	Burn 2 TT30 Cardio/Alt Cardio	Optional: Stretch/Yoga
Week 4	Inside-Out 2 TT30 Cardio/Alt Cardio	Peach 2 TT30 Cardio/Alt Cardio	Optional: Walk & Stretch	Burn 2 TT30 Cardio/Alt Cardio	Peach 2 TT30 Cardio/Alt Cardio	Inside-Out 2 TT30 Cardio/Alt Cardio	Optional: Stretch/Yoga
Week 5	Peach 2 TT30 Cardio/Alt Cardio	Burn 2 TT30 Cardio/Alt Cardio					

FOCUSED LOWER BODY WORKOUTS

Days 1-14

EXERCISE

Inside-Out

12-Minutes (50 Seconds/10 Seconds)

1. Dynamic Side Lunges (L)
2. Dynamic Side Lunges (R)
3. Sumo Squats
4. Narrow Squats (x4 + 2 Pulse)
5. Upper Leg Raise (L)
6. Lower Leg Raise (R)
7. Upper Leg Up & Over (L)
8. Laid Back 45 Raise (R)
9. Upper Leg Raise (R)
10. Lower Leg Raise (L)
11. Upper Leg Up & Over (R)
12. Laid Back 45 Raise (L)

Peach

10-Minutes (50 Seconds/10 Seconds)

1. Static Bridge
2. 1-Leg Bridge (L)
3. 1-Leg Bridge (R)
4. Leg Extension (L)
5. Leg Extension (R)
6. All 4s Rainbow (L)
7. All 4s Rainbow (R)
8. Bridge w/Abduction
9. Super Slow Squat (2-mins!!!!)

Burn

10-Minutes (45 Seconds/15 Seconds)

1. Squat w/Toe Taps
2. Alternating Lunges
3. Alternating Side Lunges
4. Frog Hops
5. Squat into Rev. Lunge
6. Squat w/Toe Taps
7. Alternating Lunges
8. Alternating Side Lunges
9. Frog Hops
10. Squat into Rev. Lunge

**FOCUSED LOWER
BODY WORKOUTS**

Days 15-30

EXERCISE

Inside-Out 2

11-Minutes (50 Seconds/10 Seconds)

1. Sumo Squat w/Pulses
2. Side Lunges w/Pulses
3. Crab Walk (Half Squat)
4. Upper Leg Raise w/Pulses (L)
5. Lower Leg Raise w/Pulses (R)
6. Laid Back Leg Circles (L)
7. Upper Leg Raise w/Pulses (R)
8. Lower Leg Raise w/Pulses (L)
9. Laid Back Leg Circles (R)
10. Leg Raise Combo (L)
11. Leg Raise Combo (R)

Peach 2

11-Minutes (50 Seconds/10 Seconds)

1. Dynamic Bridge
2. Dynamic 1-Leg Bridge (L)
3. Dynamic 1-Leg Bridge (R)
4. Leg Extension Pulses (L)
5. Leg Extension Pulses (R)
6. Leg Ext. w/Abd Pulses (L)
7. Leg Ext. w/Abd Pulses (R)
8. All 4's Rainbow (L)
9. All 4's Rainbow (R)
10. Sq. into Rev. Lunges (L)
11. Sq. into Rev. Lunges (R)

Burn 2

8-Minutes (45 Seconds/15 Seconds)

1. Squat Jacks
2. Static Lunge Pulse (L)
3. Static Lunge Pulse (R)
4. Squat w/Pulse
5. Static Side Lunges w/Pulse (L)
6. Static Side Lunges w/Pulse (R)
7. Frog Hops
8. Squat into Lunge Jump

TT30 CARDIO

Days 1-30

EXERCISE

TT30 Bodyweight Cardio #1

10-minutes (50 work/10 seconds rest)

1. Lateral Slides
2. Stance Jacks
3. Mountain Climbers
4. Squat Jacks
5. High Plank
6. Lateral Slides
7. Stance Jacks
8. Mountain Climbers
9. Squat Jacks
10. Low Plank

TT30 Bodyweight Cardio #2

10-minutes (50 work/10 seconds rest)

1. Hi Knees/March
2. Full Body Extensions
3. Warrior Jumps
4. Walk Out Burpee
5. High Plank
6. Hi Knees/March
7. Full Body Extensions
8. Warrior Jumps
9. Walk Out Burpee
10. Low Plank

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