**Firm Your Inner Thighs With These 4 Moves**

Losing weight can be achieved by tweaking your diet. A little less carbs, better and healthier choices and you’re sure to get rid of the weight you so desperately want to. Losing weight and being firm are two different things. Often people who have trimmed down are surprised by the fact that their loose skin now hangs instead of being firm. This looseness is exactly why a healthy lifestyle should be a combination of conscious eating and physical activity.

For some, their problem areas lie in their arms. For others, toning their abs seems impossible. Still, some find it difficult to firm up their inner thighs.

If your problems are the thighs take a look below. There are a few moves that specifically cater to this area.

**Hip Bridge with a Twist**

Hip bridges are usually done in order to firm up the butt. However, a little variation to this classic can do wonders for your thighs.

Start with your feet firmly planted flat on the floor. Proceed to put a small exercise ball or a towel in between your bent knees and lift your butt. Now here is the twist, while lifting your glutes, squeeze the ball.

**Thigh Squeeze Pilates Style**

Pilates is a great way to tone your body. The small deliberate movements target areas you wouldn’t otherwise get toned.

To do this move get on all fours and with an exercise ball between your legs, tuck you toes in and expand your torso while inhaling. As you exhale, lift your knees an inch off of the ground. Squeeze the ball about three times then rest your knees on the ground.

**Inner Thighs Sumo Squat**

In general, squats are used to tone the lower body. However, this variation puts emphasis on the inner thighs.

Start with your feet slightly wider apart than your shoulders with your toes pointing out. Dip down for a sumo squat. As you lift yourself up from the squat, drag your right feet to the center. Do the same thing to the other leg – you should feel a slight tension in your inner thighs as you do this move.

**Jumping Sumo Squat**

This is a variation of the exercise above. Proceed to do a sumo squat. But instead of dragging your feet to the center, jump straight up and join your legs together. Immediately extend your feet, landing yet another sumo squat.

These moves are specifically targeted for the inner thighs and will help take the jiggle away if done consistently. By doing them you’re going to get stronger, leaner and more toned legs.