

The Best Workout for Your Butt

1 Problem: Droopy Butt

Rx: Stiff-legged deadlifts
Why they work: "Exercises that flex the hips, like stiff-legged deadlifts, firm up the area right under the glutes where the hamstrings attach to the hips," explains Troy Stallman, a trainer at the Sports Center at Chelsea Piers in New York City. "They'll lift and shape that area, eliminating the droopy look."

2 Problem: Ample Bottom

Rx: Butt-blasting cardio and rear leg lifts (no weights)
Why they work: "High-repetition, graceful motions will slim your glutes without overdeveloping them," says Stallman. Work with a turned-out leg when doing rear leg lifts to best target the gluteus maximus, the largest butt muscle and the biggest offender for people with plentiful posteriors.

3 Problem: Tiny Butt

Rx: Sprints
Why they work: "Running sprints is the cheapest and easiest way for people with small butts to develop both power and attractive size throughout the entire glute area," says Stallman. "The butt and hips work double-time to move the glutes through their full range of motion, which will increase muscle size."

4 Problem: Flat Butt

Rx: Stationary lunges and wide-stance, turned-out squats
Why they work: People with a nonexistent butt need to *get* one first, and worry about shaping it later. "Stationary lunges and wide squats utilize the most glute muscles as well as the hips and hamstrings. Use a pretty heavy weight, and go until you feel the burn—then do five more!" says Stallman.

Flab-Fighting Cardio

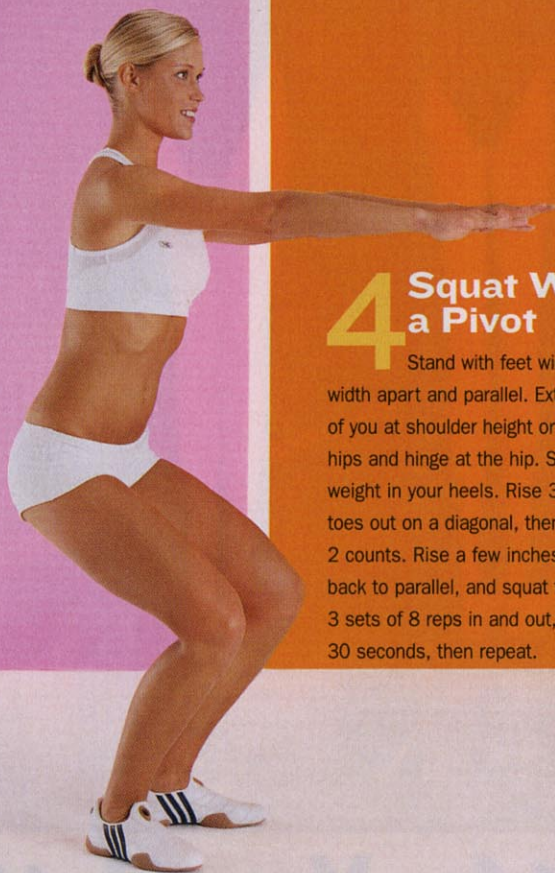
ACTIVITY	CALORIES BURNED (per hour)*
Running at 6 mph	648
Jumping rope	648
Cross-country skiing	518
In-line skating	454
Stairclimbing	389
Hiking (cross-country)	389

* All calories are calculated for a 135-pound woman.

Two Great Glute Stretches

Spinal Twist Lie on your back with arms out to the sides and legs extended on the floor. Bring right knee in toward your chest and let it drop across your body to the left. Allow your hips to roll over slightly while keeping your shoulders flat on the floor. Turn your head to the right and breathe as you hold for 30 seconds. Switch sides; repeat once or twice.

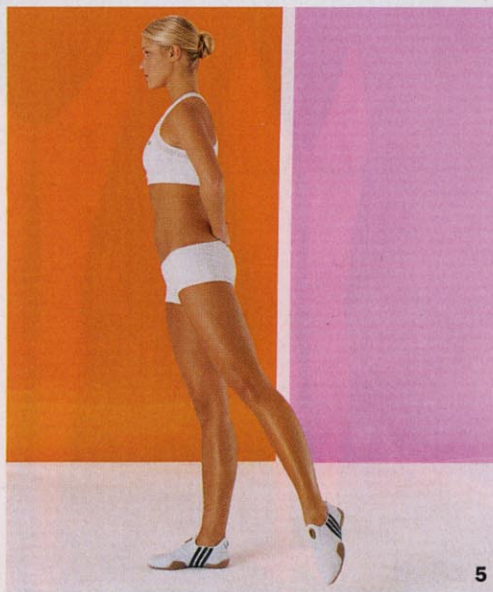
Lying Glute Stretch Lie on your back with knees bent, feet flat on the floor. Cross right ankle over left thigh, grasp the back of your left leg just above the knee, and pull it in toward your chest until you feel a strong stretch across the right side of your butt. Hold and breathe for 30 seconds. Switch sides; repeat once or twice.



4 Squat With a Pivot

Stand with feet wider than shoulder-width apart and parallel. Extend arms in front of you at shoulder height or place hands on hips and hinge at the hip. Squat, keeping weight in your heels. Rise 3 inches, turn toes out on a diagonal, then squat again for 2 counts. Rise a few inches, bring toes back to parallel, and squat for 2 counts. Do 3 sets of 8 reps in and out, stand and rest 30 seconds, then repeat.

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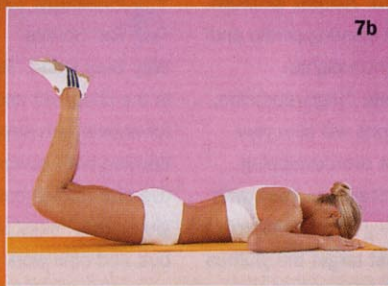
5 Rear Leg Lift

Stand with heels together, toes turned out on a diagonal and arms resting against your lower back (or place hands on hips). Shift weight to your right leg; keeping knee soft, lift left leg behind you, with toes pointed, in 2 counts. Keep torso tall and hips level. Lower leg for 2 counts, barely touching big toe to the ground, and lift again. Do 3 sets of 15 reps on each side.

6 Four-Part Curtsy

- Stand with heels together, toes out, hands on hips. Step wide to the right, landing with foot turned on a diagonal.
- Step left foot (heel up) about 2 feet behind and slightly to right of right foot (shown).
- Squeeze inner thighs together and squat in 1 count, keeping hips square and weight in right leg.
- Squeeze glutes as you rise back up and step back to starting position. Repeat on other side. Do 8 curtsies per side.

6b



7b

7 Prone Frog

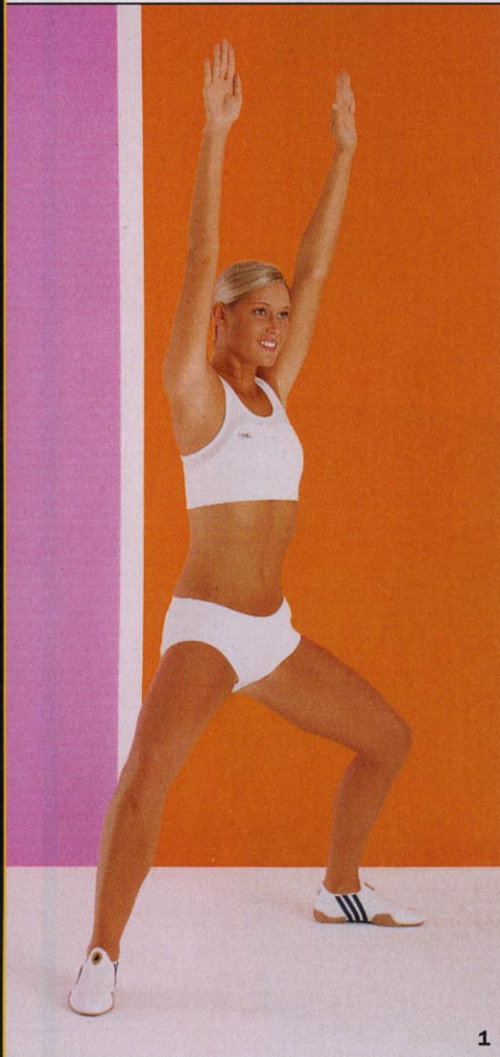
- Lie facedown with your legs spread wide. Bend knees so your shins are perpendicular to the floor, flex your feet, and bring your heels together. Place your arms out to the side in "cactus" position (elbows bent, hands by your head) and rest your forehead on either a mat or a folded towel.
- Squeeze your glutes to lift your knees off the floor in 1 count, then lower back down. Repeat 20 to 40 times.



7a

The Workout

Want to put a little lift in your Levi's? We've got the workout for you! Derived from the popular Yoga Booty Ballet (YBB) class in Los Angeles, these seven exercises offer a challenging alternative to the typical gym standards and will shape up your rear view in no time. "The moves work your glutes and hips in all directions—front, side and back," says Gillian Marloth, YBB cocreator and co-owner, with Teigh McDonough, of SWERVE Studio in Los Angeles. "Targeting the glutes from several angles helps ensure that you're hitting all the muscles completely, which will improve your results." Perform this routine up to four days a week, doing it once if you're a beginner and repeating it two or three times if you're advanced. All levels should finish with the suggested glute stretches. In just one month, your jeans will be getting more attention.



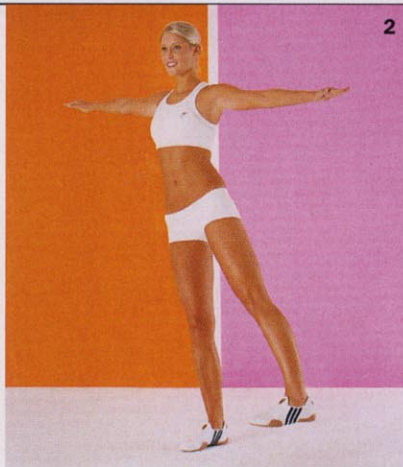
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1 Wide Plié

Stand with your feet about twice as far apart as your shoulders and turn your toes out to the corners on a diagonal. With your hands either overhead or out to the sides at shoulder height, slowly squat in 2 counts, making sure your knees are aligned over your toes (and don't splay in or out). Lower until thighs are parallel to the floor, then rise in 2 counts, squeezing your glutes strongly at the top. Do 30 to 40 reps.

2 Inverted Leg Lift

Stand on your right leg with knee soft and contract your quadriceps muscle ("lifting" the kneecap). Extend your arms out to the sides at shoulder height. Lift left foot off the floor, rotate the whole leg inward (turning the toes to the right), and lift leg up and out to the side in 2 counts. Keep hips level and torso tall throughout. Lower left leg in 2 counts without toes touching the floor and repeat. Do 3 sets of 8 on each leg. For an added challenge, add 16 to 32 pulses at the end of each set, moving leg up and down just 3 inches.



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3 One-Legged Squat With a Pelvic Tilt

a. Stand with heels together, arms out to sides at shoulder height. Shift weight to your right foot and slide your left heel onto the instep of your right foot. **b.** Slowly squat in 2 counts, keeping weight in right leg. As you lower, extend left arm at a 45-degree angle to the floor and raise right arm on a diagonal. Stand up in 2 counts, tucking your pelvis underneath you and squeezing your glutes tight at the top. Do 3 sets of 8 squats on each leg.



3b



Yoga- and
ballet-based
moves help
boost your
bottom line.

Get It Now: Your Best Butt Ever

7 moves to lift, firm and stop the droop—in just one month!

Bonus: The best exercises to tone any below-the-belt shape, plus flab-fighting cardio.

by Lara McGlashan * photographs by Josh Titus

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