

THE BEST BUTT WORKOUT

Spring is the perfect time to tone up those glutei maximi for the active months ahead. Your new bike (and your new swimsuit) will thank you.

by Kathleen Trotter | photographs by Angus Fergusson

1 LUNGE
 Start with your left foot forward and your right foot behind you. Make sure both feet are facing forward and your back leg is almost straight. Bend your right knee toward the floor, without letting it touch. Make sure your front knee

doesn't go forward over your toes. At the bottom of the motion, try to engage your left butt cheek to push yourself up to the starting position.
Repeat 10 to 15 times, then switch legs. Do two to three sets.



Make it harder
 Hold free weights or soup cans.

2 Plié
 Stand with your feet wide apart. Turn your toes slightly out. Try to imagine the turn coming from the hips, not just the knees and ankles. Bend your knees, bring your butt down toward the floor and hold for a second.

Don't let your hips go below your knees, or your knees go over your toes. Push yourself back up; think of your butt and inner thighs powering you up to the starting position.
Do two to three sets of 12 to 15 reps.



Make it harder
 Hold free weights or soup cans.



Make it harder
 Hold weights or pause at the bottom for five seconds.

3 STABILITY-BALL SQUAT
 Place the ball against a wall. Stand with your lower back against the ball and your feet forward. Make sure your feet are parallel and far enough in front of you that when you bend down into your squat, your knees don't go over your toes. Keeping your weight at your heels and flexing at your knees, lower your body down toward the ground. Keep your spine against the ball and your hips back, and make sure your knees don't go over your toes. Then try to push into your heels to engage your butt muscles and propel yourself up.
Do two to three sets of 12 to 15 reps.

4 BRIDGE MARCH ON THE BALL

Place your head and shoulders on the ball, with your feet on the floor, hip-distance apart. Lift your hips up so your body is making a straight line from your shoulders to your knees. Make

sure your arms are draped down by your side with your fingertips grazing the floor. Keeping your pelvis stable, lift your left heel and right hand off the ground. Repeat on the other side.

Do two to three sets of 20 reps, alternating sides.



Make it harder
 Lift your foot completely off the ground.



Make it harder
 Lift your arms up off the ground and hold them straight up in the air as you lift your hips.



5 HIP LIFT

Lie on your back with your head and shoulders on the ground, your feet on the ball and your hands on the ground beside you, palms down. Make sure your feet are

parallel. Engage your abdominals and butt muscles, and lift your hips up off the ground. Hold for five seconds, then lower hips.

Do two to three sets of 10 to 15 reps.

6 HIP EXTENSION

Put your stomach on the ball and your hands on the floor in front of you. Bend your elbows so your chest moves closer to the floor. Start with your legs straight and

together, your toes touching the ground. Engage your abdominals, hamstrings and butt muscles to lift your legs off the ground. Slowly lower.

Repeat 10 to 15 times. Do two to three sets.



Make it harder
 Hold for five seconds at the top of the motion.

7 LEG CIRCLES ON THE BALL

Sit with your right knee on a mat, your right hip on a stability ball, and your right arm to the side of the ball. Straighten your left leg so your toes touch the ground. Lift up your left leg

and make circles about the size of a watermelon in the air. Keep your pelvis stable and your core tight, and try to think about your butt and thigh muscles doing the work.

Do 10 reps clockwise and 10 reps counter-clockwise. Switch and repeat on the other side. Do two to three sets.



Make it harder

Straighten your bottom leg so your bottom knee is off the ground. This will challenge your balance and make your core work harder.

Make it harder


Once you have done the 20 reps, before you switch legs, straighten your leg and tap your toe up and down toward the floor 10 to 20 times.



8 QUADRAPED LEG LIFT

Come down onto all fours, hands directly under your shoulders. Knees should be hip-distance apart. To get into the starting position, lift your right leg up to 90 degrees at your hip, foot flexed. Keep your abs tight and pelvis level as you pulse your leg one inch up into the air. Make this motion

small, and think about engaging your butt muscles. **Repeat 20 times, then switch legs. Do two to three sets with each leg.**

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 A personal trainer shows you more ways to tone your lower half.