

**BEFORE STARTING ANY
NEW ROUTINE,**
make sure to first check
in with your doctor.

love your butt

Add power to your stride—
and rock those jeans—with our
ultra-quick backside routine.

BY KAREN ASP

➔ Behold, the butt. Never has an area of the anatomy caused so much consternation in so many of us (insert your gripe here). But developing your derriere isn't just about your rear view—it's important for how you feel and function, too. "A strong butt is the key to all lower-body movement," says Jessica Smith, a Miami-based trainer and creator of the *Walk On: 21-Day Weight Loss Plan*. "Everyone wants to look good in jeans, and that's one benefit of working your backside, but the real payoff is how much stronger you'll feel doing everyday tasks."

So for the sake of all the things you want to do well every day—including filling out those Riders—Smith designed this fast-yet-fantastic 5-minute glute circuit. Try it three days a week for the next five weeks and you'll never look back in anger again—no butts about it.

HERE'S YOUR BOTTOM LINE

Well-trained glutes add power to cardio workouts, help relieve lower-back pain, help you sit up straighter, and make you feel amazing doing ordinary tasks—like squatting to pick up laundry.

3

THE NUMBER OF MAJOR MUSCLES IN YOUR DERRIERE (GLUTEUS MINIMUS, MEDIUS, AND MAXIMUS). THE GLUTEUS MAXIMUS IS THE BIGGEST MUSCLE IN YOUR BODY!

work it out
FAST FIVE

booty-blasting circuit



HEEL BRIDGE

Lie face up on the floor with your knees bent, feet hip-width apart, toes flexed (off the floor), and arms by your sides, palms down. Brace your abs and press down through your heels to lift your hips until your body is a straight line, shoulders to knees, squeezing your glutes at the top. Hold for one count and then lower. Repeat 20 times.



SQUAT SIT PULSES

Stand with your feet hip-width apart, elbows at chest level, and each hand resting on the opposite shoulder. Keeping your chest high and the line of your knees behind your toes, squat until your thighs are parallel with the floor, then lift up an inch or two and lower back down. Return to start for one rep. Repeat 20 times.



FROG PRESS

Lie facedown on the floor with your elbows out to either side and your hands stacked under your chin. Bend your knees out to the sides, opening them wide as you flex your feet and press the sides of your heels together, toes turned out. Now lift your thighs off the floor and push your heels toward the ceiling as high as possible while keeping your upper body steady. Return to start and repeat 20 times.



SIDE KICK

Stand with your feet hip-width apart and arms bent, fists held under your chin. Shift your weight onto your left foot and lift your right leg to hip height, bending your right knee in toward your chest. Extend your leg out to the side as if pushing something away from you with your heel. Bend your knee back in and repeat 20 times, keeping your leg lifted the whole time. Repeat with your other leg.

MODIFICATION: Kick downward (instead of to the side) and/or hold onto a chair or the wall with your opposite hand.



SLIDING HAMSTRING CURLS

Lie face up on the floor, arms by your sides, knees bent, and feet flexed with your heels pressed into the center of paper plates or folded towels (if you're on a hard surface). Lift your hips off the floor and slide your left foot straight out in front, extending your leg as you press your heel against the plate or towel. Quickly bring your left leg back to start, while sliding your right leg out. Alternate 20 times.

CARDIO BUTT BONUSES

If you want to work your glutes even more, perform the circuit on Monday/Wednesday/Friday, and try one of Smith's "butt bonuses" (below) on Tuesday/Thursday/Saturday, for as long as you'd like:

- Walk on a treadmill at a 2 percent incline at a steady pace.
- Do hill repeats: Change the incline 1 percent every few minutes until you reach 6 percent.
- Walk up and down a flight of stairs (those at home count).

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