

BOOST UP YOUR BUTT!

A WORKOUT TO GET YOU THAT SEXY BACKSIDE YOU'VE ALWAYS WANTED

BY KASIA SITARZ

Let's face it, most of us think about our butt as too small, too big, too flat or too saggy. Should I go on? We all want that "ideal" round firm butt, but are not sure what to do to get it. Although gaining firm toned muscle in your hips and legs requires a combination of strength training and proper nutrition,

let's focus on the first part, the strength training. Follow this 30 minute program, 2-3 times a week to get the firm results you want. Get ready to "Boost your Butt!"

EXERCISES

1. DUMBBELL SINGLE LEG STEP-UP

Holding a pair of dumbbells at your sides, keep your chest

up and shoulders back. Take your right foot and drive your heel into the bench to step up. Stand up straight and squeeze the glutes. Sit back into a squat position and slowly lower your left leg back to the ground while keeping your chest up at all times.

2. BULGARIAN LUNGE

Stand in front of a bench (just

short of lunge length away) with a set of dumbbells in your hands. Place your weight on one heel. Take the opposite leg, reach back and place the top of your toes on the edge of the bench; while keeping your chest up, lower your body to the ground. (The knee of your back leg should be close to touching the ground). Then, drive the heel of your front leg into the ground, while squeezing your glutes and resetting your back leg to starting position.

3. BOX JUMP

Stand in front of a bench. Keep your hips shoulder width apart and knees slightly bent. Swing your arms forward to help you jump onto the bench. Stand up straight, squeeze your glutes and jump back to the starting position. Be sure to land softly with your legs bent to absorb the shock. Repeat immediately, as fast as you can with no rest in-between reps.

4. ANKLE WEIGHTED POWER SQUATS

Wrap the ankle weights around your ankles for added resistance. Stand with your feet approximately hip width apart. With your palms facing out and hands resting on your side, get into a squat position (hands should be by the outside of your knees). Keep your chest up and back straight while facing forward. Jump up,

ANKLE WEIGHTED POWER SQUAT

At the start of this exercise, squat down as low as you can while squeezing your butt.



to simultaneously bring your legs straight and feet together and your arms straight up above your head. Jump out of this to get back into the starting squat position. Repeat immediately. Make sure to squat down as low as you can while squeezing your butt.

5. ANKLE WEIGHTED BUTT EXTENSION

With weights wrapped around your ankles for added resistance, start on

EXERCISE	REPS	TEMPO
Dumbbell Single Leg Step-Up	12	3
Bulgarian Lunge	12	3
Box Jump Rest for 1 minute	15	3
Ankle Weighted Power Squat	20	3
Ankle Weighted Butt Extension Rest for 1 minute	20	3
Do all exercises for 3 sets each		



all fours, with your elbows aligned directly under your shoulders. Keep your eyes looking directly downwards, so that your spine maintains a straight line. One leg at a time, squeeze your glute muscle while lifting it straight to the ceiling. Squeeze your glute for two seconds at the top of the exercise. Return to starting position without resting your knee on the ground until all reps are completed. Now that you have read and reviewed all of these exercises, I'm sure you may already feel a love-hate relationship developing. You will hate to do them, but you'll certainly love the results. Once you try this program and start to see and feel the results... you may just end up loving them! **IFPA**



KASIA SITARZ is a personal trainer specialist & sports specific registered massage therapist as well as a LIFE Pro fitness & bikini model.

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PRE-WORKOUT STACK!

NOTHING IS STRONGER!



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