

Done in
10
Minutes

THE PLAN

Do our four moves three times a week to see more definition in a month or less. For fast results, add 20 minutes of cardio.

CONSULTING TRAINER
STEFAN OVERGAARD

HOW TO

boost YOUR BOOTY

Turn your butt into your best asset with four of the best moves to sculpt your glutes and hamstrings

Lunge & Knee Drive

Take a medium-sized step back into a lunge, bending back leg so knee almost touches the ground. Use front leg to return to standing and drive back knee up toward chest. Do 10 to 12 reps. Switch sides. Repeat.

PERFECT YOUR FORM: Hold chest up (no slouching!) with shoulders facing forward.

DIAL IT DOWN: Do the lunges without the knee drives.

AMP IT UP: Hold a light pair of hand weights by your sides.



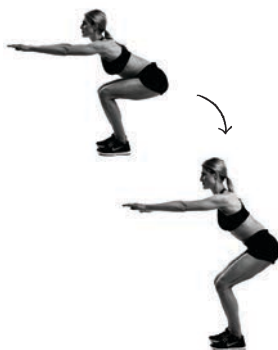
1 and 1/4 Squat

Stand with feet hip-width apart. Squat down as deep as possible, pushing your hips and butt back as if sitting in a chair. Rise up 1/4 the way to standing and pause for 2 counts, then lower down back into a full squat again. Return to standing. That's one rep. Do 10 to 12 reps.

PERFECT YOUR FORM: Keep your weight in your heels.

DIAL IT DOWN: Skip the 1/4 squat; do deep squats instead.

AMP IT UP: Increase reps.



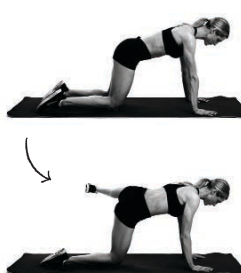
Fire Hydrants

Start in table-top position with hands under shoulders and knees under hips. Lift one leg out to side as high as possible, keeping soft bend in knee. Pause for 2 counts and slowly return to start. Do 12 reps. Switch sides. Repeat.

PERFECT YOUR FORM: Keep hips square to the front, back straight and core tight.

DIAL IT DOWN: Do fewer reps.

AMP IT UP: With leg lifted, draw big circles in the air, leading with your knee.



Single-Leg Bridge & Raise

Lay on back with legs bent, feet flat on the floor and heels in line with knees. Tighten core and raise hips up as high as possible, pushing from heels. Lift and lower one leg, making sure not to dip hips to opposite side. Do 10 reps. Switch legs. Repeat.

PERFECT YOUR FORM: Engage your glutes to keep hips high.

DIAL IT DOWN: Hold bridge pose for 60 seconds without lifting either leg up.

