

# 5 Moves

## TO TONE YOUR BUM



### 1 BUTT BUSTERS

**Part I:** Start on the floor on your hands and knees. Lower forearm and elbows to the floor making sure elbows are lined up directly under shoulders to prevent sway in low back. Starting with the right leg, lift knee to hip-height pointing toes to ceiling and return to floor. Keep speed of motion slow and controlled. Avoid arching low back by engaging abdominals through full range of motion. Perform 10 repetitions.

**Part II:** Return to hands and knees. Lift same leg hip-height to the side, at a 90 degree angle with your hip, and return to floor. Keep both elbows straight and maintain neutral spine by engaging abdominals through full range of motion. Perform 10 repetitions. Repeat parts I&II on opposite leg. Perform 10 repetitions.

### SQUATS 2

Start with feet hip width apart. Shoot hips back and downward, as if to sit on a chair. Keep chest lifted, knees over shoe laces and heels grounded. Slowly return to standing position.





## 3 REVERSE LUNGES

Start with feet together. Instead of stepping forward into a lunge, take a large step backwards. Use a broom stick or counter top for balance and confidence-building for your first few repetitions. Alternate your lead leg for 20 repetitions.

## 4 STEP UPS

Use a sturdy chair or patio bench for step up platform. Make sure the bench/ chair is no higher than knee height. Place one foot toward the middle of the platform with the heel of the foot firmly planted.

Stand straight up on platform extending all the way through supporting knee and hip. Tap foot on top of bench for stability, or elevate knee to challenge balance. Slowly return to floor. Perform 10 repetitions and repeat on other leg.



## 5 SUMO SQUATS

Start with in a wide stance with toes slightly turned outward. Bend knees and shift hips backward with thighs approaching parallel to floor. Keep knees outward in the direction of the toes without extending beyond the toes. Slowly return to starting position.