

# GLAMOUR

## Body by Glamour Bonus Workout: Firm and Lift Your Butt!

Add these three moves from Body by Glamour celebrity trainer **Ramona Braganza** to the end of any workout for a tighter, rounder rear.



### WHAT YOU'LL NEED FOR THIS WORKOUT:

A chair for support.

### WHAT TO DO:

- Do one set of each move, then go back to the beginning and do another set, so you end up doing two sets of each exercise. (This is called a circuit).
- Log your workout in your **fitness journal**.



### Rear leg lift

(works your butt)

A. Stand with feet hip-width apart, toes turned out; rest left hand on back of chair for support and right hand on hip.

B. Slowly lift right leg back behind you as high as you can, toes pointed, as shown, really squeezing your butt muscles as you lift; hold for three counts, then lower to the starting position. Do 12 reps, switch sides and repeat.



### Single-leg bridge

(works your butt)

A. Lie on floor with knees bent and feet flat, arms by sides. Lift right leg straight up so it's perpendicular to floor, as shown, toes pointed.

B. Squeezing butt muscles, slowly lift hips off floor as high as you can, as shown, keeping right leg perpendicular to floor. Pause, lower to the starting position and repeat. Do 12 reps, then switch legs and repeat.



### Leg press

(works your butt)

A. Get down on all fours, abs pulled in tight, and lift right knee slightly off floor, keeping it bent 90 degrees, foot flexed.

B. Slowly press right heel straight up as high as you can, as shown; pause, then lower to the starting position, without resting knee back on floor. Do 12 reps, then switch legs and repeat.

### Ratings

Rate it:

