



## Hot Cross *BUNS* Anyone?

3 sure fire way to get that bubble butt you've always wanted.

BARBELL HIP THRUSTS

3 sets of 10-12 (4 sets for more advanced)

**How to do it:** Sit on the ground with your back against a bench, feet planted firmly in front of you, and a padded barbell in your lap. Keeping the lumbar spine and knees stable, raise the barbell by extending your hips, making sure to push the hips upward using the glutes. Rise until your body forms a straight line from your shoulders to your knees (full hip extension), and then slowly descend back to the ground.



## UNILATERAL LEG CHAIR SQUATS

3 sets of 12 (each side)

**How to do it:** Start by sitting close to the edge of a chair with arms crossed, chest lifted, right foot solidly on the floor, and left leg elevated about 8 inches. Engage your abs and lean your torso slightly forward to prepare to stand. Dig your right heel firmly into the exercise mat (or floor), shift glutes backward (as you do in a regular squat), and straighten your right knee not quite to full extension while squeezing up on your glutes. Hold your left leg up off the mat and balance for 3 counts. Lower slowly and repeat.



## GLUTE AND HAMSTRING EXTENSION

2 sets of 15

**How to do it:** Start standing, leaning forward on a back extension pad, with your toes turned out, knees bent (like a frog). Keeping your back flat, bend at your hips as far down as possible. To come up, push your thighs into the pad and squeeze your glutes, keeping your back straight the entire time. At the top, give your glutes an extra squeeze. Use a controlled tempo during the exercise: aim for a 2-3 second count on the way down, 1-2 seconds on the way up.



Remember when it comes to more definition, it comes down to 80% food... cut back the processed sugar and salt from your foods over the next 8 weeks and watch that booty take shape.....

Shai.