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Hind Sight – Give your bottom a boost

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fitness

HIND SIGHT

Give your bottom a boost!
By Cori M. Murray

How do you lose weight without ceasing your career? That's the question Crunch group-fitness instructor Violet Zaki is asked most often by her female clients. While Zaki insists you can't isolate your butt from the rest of your body, you can build muscle and get a great-looking bottom by doing the right combination of cardiovascular and weight-training consistency.

If your goal is a svelte backside, a simple workout of leg squats, lunges and walking on an incline will give you noticeable results. But you must commit to at least 45 minutes of sweat time three or four days a

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week, and complete three sets of 12 to 15 reps of each exercise. "Anything less than 45 minutes won't give you results," says Zaki. She also suggests adding either running or cardio kickboxing to your butt-toning routine. "When you're kicking, you're engaging your butt, your hamstring and the supporting leg," says Zaki, who also holds a black belt in martial arts.

By mixing up and maintaining your fitness routine, your bottom will be sure to stay "bodyicious."

These butt-building exercises were adapted from the fitness tape *Crunch's Cardio Sculpt With Violet Zaki* (Anchor Bay Entertainment, \$9.99). To order the tape, call (800) 546-1348 or visit your local video-sales store.

1. SQUAT WITH WEIGHTS
Starting position: (1a) Hold a 5- to 8-pound weight in each hand, with wrists crossed and palms facing in. Then stand with legs straight, feet a little wider than shoulder-width apart, turn knees and feet out at a 45-degree angle.
(1b) Bring your arms up in a blazon curl, while simultaneously doing a cusp squat. Keep abs tight. Do four reps, then rest.

2. BRIDGE LIFT (one works bridge)
Starting position: (2a) Sit on floor with knees bent in front of you. Place your arms behind you with fingers pointing forward. Lift your butt off the floor and squeeze. (Keep feet together; your knees should be above your ankles).
(2b) Raise your right leg to a 45-degree angle. Hold it there for five seconds, then lower it to three progressive levels (high, middle, low). At the lowest leg level, bend leg and place right foot into starting position. Lift leg again. Do four sets. Switch legs. Then sit back down, extend legs in front of you, keeping your feet flexed. Stretch arms by reaching for your toes.

WATCH YOUR BACK
You might not be able to totally reshape your derriere, but there are steps you can take to enhance it. Start with what nature intended. Pamela R. Macklin, Exercise therapist, offers these tips:
• Is your butt plump and jiggly? Control-top pantyhose and body shapers can smooth and soften its appearance. • For every body: Slacks and skirts should graze—not grip. • If your gluteus needs maximizing, choose clothes with Lycra and some shapely support wires. Then forget padded panties; a good tailor to alter your clothes to truly fit both your hips and waist.

—C.M.M.

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