



» Pilates | By Tanya Winter

Bottoms up

Model: Tanya Winter

Who doesn't want a firm, shapely bottom?

Tanya Winter's Pilates moves will help you achieve just that

What's the secret to a great backside? Basically, it comes down to two factors: losing excess body fat and toning up your buttock muscles. If you are overweight, then no matter what you do, you will need to lose a few kilos to have a great bottom. However, weight-loss alone is not enough – sometimes even the skinniest of us can have buttocks that are starting to head south. This is where great muscle tone becomes essential, to lift the bottom up and give that appealing appearance of firmness.

The buttocks are built of several groups of muscles, the technical name for which are the gluteals. The two major ones are the gluteus medius – the muscle at the side of the hips – and the gluteus maximus, which is the muscle further around the back. However, there are many other smaller important muscles involved as well and to achieve the best results, they all need to be worked.

So how do we go about it? It's true that walking and running will tone your buttocks, but only to a certain extent.

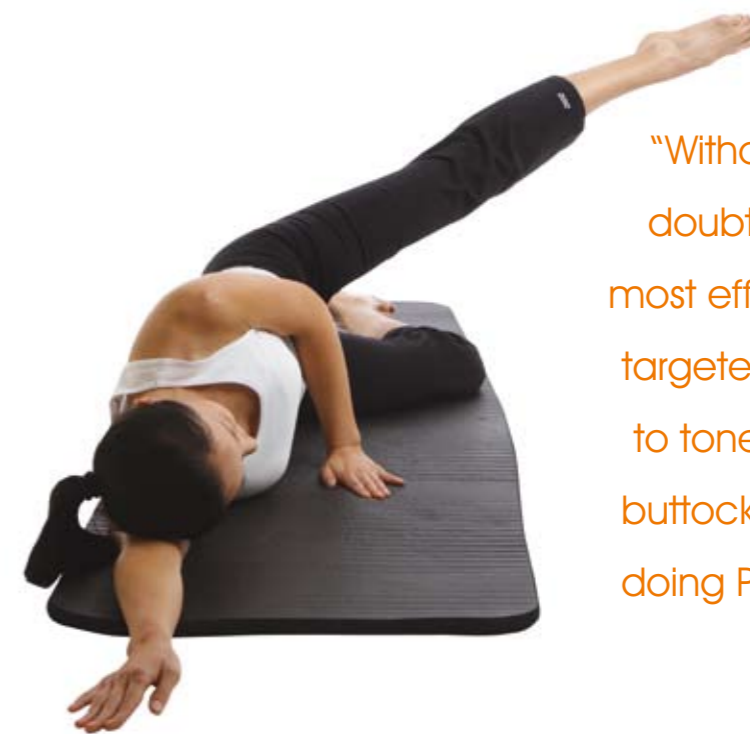
The problem is, a lot of us have lazy bottoms – they prefer to do nothing more than being sat upon! Believe it or not, you can go for a run without actually using your buttock muscles much at all – many of us compensate by using our thigh and calf muscles instead. On the other hand, exercises such as lunges and squats, whilst great, tend to work the gluteus maximus muscle only, and forget the smaller muscles around the sides of the hips.

Without a doubt, the most effective, targeted way to tone your buttocks is by doing Pilates. These exercises target

former Miss Universe Jennifer Hawkins have the two of the best bottoms around, and both have said in recent interviews that they recommend doing Pilates every day.

So, try these killer moves for your butt 3-5 times per week, and I guarantee you will see – and feel – the difference! Just make sure you are really squeezing and tightening the buttock muscles, to ensure they are working properly throughout each of the exercises.

For a more complete workout, try the *Brazilian Butt Toner Pilates* workout DVD by Studio Pilates International, which



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not only the larger muscles, but also all of the smaller ones, for an even, rounded appearance that also trims the hips. Supermodel Gisele Bündchen and

gives 90 minutes of exercises to tone the entire body, with a focus on the buttocks. You can order it from www.studiopilates.com.

Tanya Winter is a physiotherapist and is co-founder of Studio Pilates International. For the better part of a decade, she has refined traditional Pilates exercises to deliver a safe, achievable and effective form of the discipline. This has included co-running the most popular Pilates studio in Brisbane for more than eight years, taking in excess of 50,000 participants through body-changing workouts. The education arm of Studio Pilates International also trains and certifies Pilates instructors from around the world. Visit: www.studiopilates.com.



Clam



Lie on your side, with your knees bent, your feet tucked back in line with your body, and your knees in front of you. Roll your top hip forward slightly and keep it there. Create a small space between your waist and the floor, and lift your feet up in the air.

Inhale, keeping your knees together. On the exhale, squeeze your top buttock and slowly raise your top knee towards the ceiling, making sure you keep your feet together.

Repeat 30 times each side.

Straight leg raise

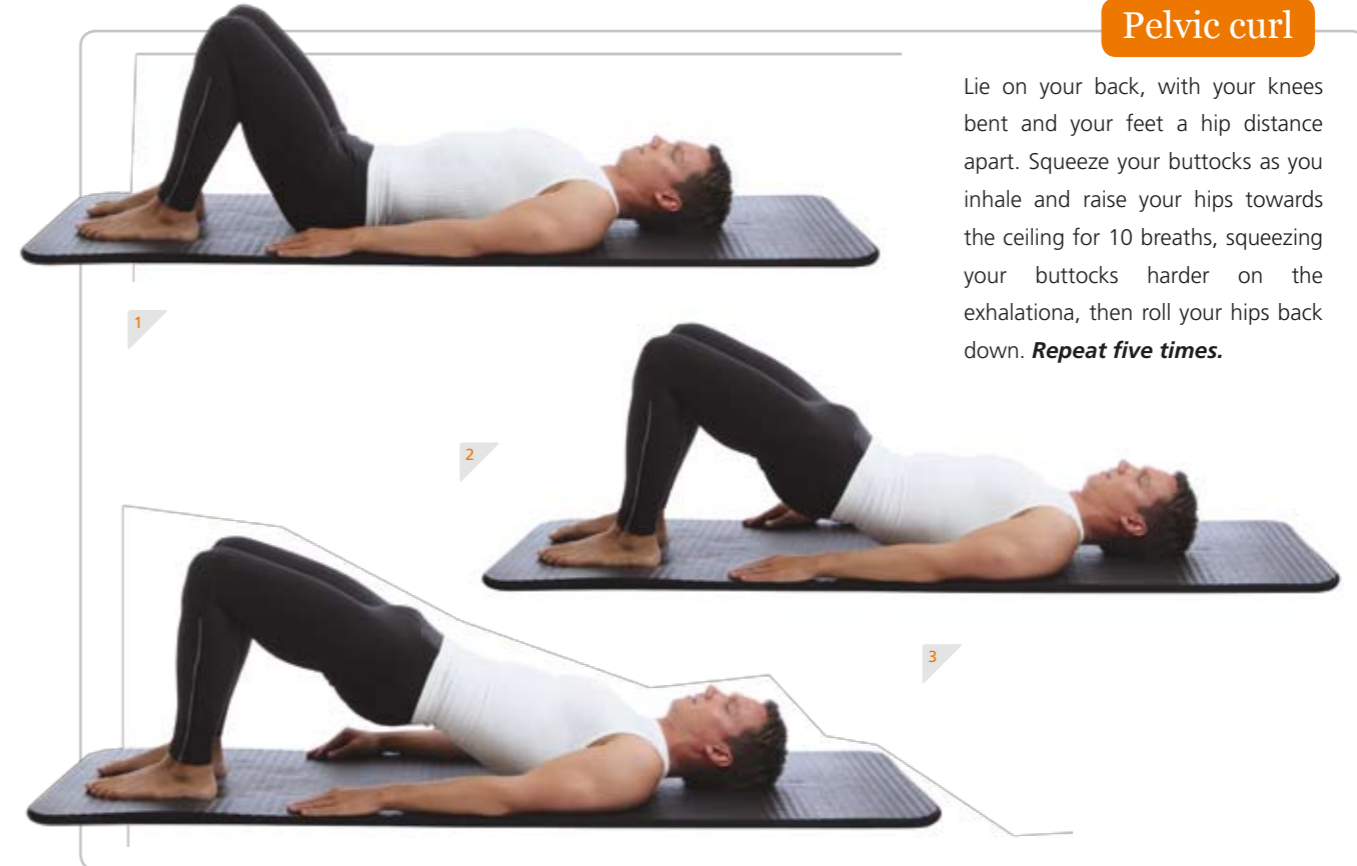
Lie on your side with your bottom leg bent. Straighten your top leg and take it out in front of the body, turning it inwards. Inhale and lower

your leg, but don't let it touch the floor. Raise it again on the exhale, squeezing your buttocks. **Repeat 50 times on each side.**



Need another reason to get off your butt, so to speak, and start exercising it? Having strong buttock muscles not only looks great, but it's also important for your health. These muscles are responsible for a huge part of your core stability, and many studies have proven that weak muscles in your bottom can lead to problems such as shin splints, knee pain, hip and knee arthritis, osteoporosis in the hips, back pain, neck pain and headaches, and falls in the elderly. Your buttock muscles also help you to walk and run faster, and with more ease.

Pelvic curl



Lie on your back, with your knees bent and your feet a hip distance apart. Squeeze your buttocks as you inhale and raise your hips towards the ceiling for 10 breaths, squeezing your buttocks harder on the exhalation, then roll your hips back down. **Repeat five times.**

Horsekick



Kneel on all fours, with your hands under your shoulders and your knees under your hips. Raise one leg an inch off the floor. Keep most of your weight on the other knee, not on your hands. Inhale, then raise your leg up in line with your body on the exhalation. Repeat 20 times, then hold the leg up and pulse it up and down 30 times. **Repeat on the other side.**

Breastroke legs

Lie on your stomach, with your hands underneath your forehead, and your legs extended and turned outwards. Keep your abdominals

engaged and lifted slightly off the floor. Squeeze your buttocks and raise your legs slightly. Start to beat your heels together, opening and closing

your legs to do so. Inhale for five beats and exhale for five beats.

Continue for 10 breaths.



Buttock stretch

Lie on your back with your knees bent. Cross one ankle over the other knee, grab your

legs and draw them up towards your chest, keeping that knee out to the side. Focus on pressing your

tailbone into the floor.

Hold for 5-10 breaths, then swap sides.

