

Don't write yoga off as easy – the first time she ever tried it, even super-fit model Nicole Wilkins was shocked at how intense it can be!



BY BOB HARRY HIND
LATEST RESEARCH HAS
SHOWN THAT YOGA
WAS LINKED WITH A LOWER
RISK OF A HEART DISEASE.
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TO OBESITY. RESEARCH
FROM ANOTHER STUDY
LINKED YOGA TO
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VASCULAR HEALTH.

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Only six moves! Our exclusive yoga-inspired routine.

20
MINUTES

Get a Yoga Butt

HIGHER,
TIGHTER,
STRONGER,
FIRMER –

WHEN IT COMES TO GLUTES, THAT'S EXACTLY WHAT YOU WANT. PROBLEM IS, WHO HAS THE TIME TO SPEND TO GET A ROCK-HARD REAR END? LUCKILY, THAT'S WHERE YOGA COMES TO THE RESCUE!

BY FRIGY HALL | PHOTOGRAPHY: PAUL BUCETA

JUST SAY "OM"

The exclusive at-home, no-equipment workout focuses on lifting and shaping your backside with fun yoga-inspired moves. "Yoga is perfect for strengthening and sculpting the gluteal

muscles," explains certified yoga instructor Angie Knight, owner of Yoga Knights in Orange County, California. "Lunges, standing poses and balance poses, in particular, work like magic because you're

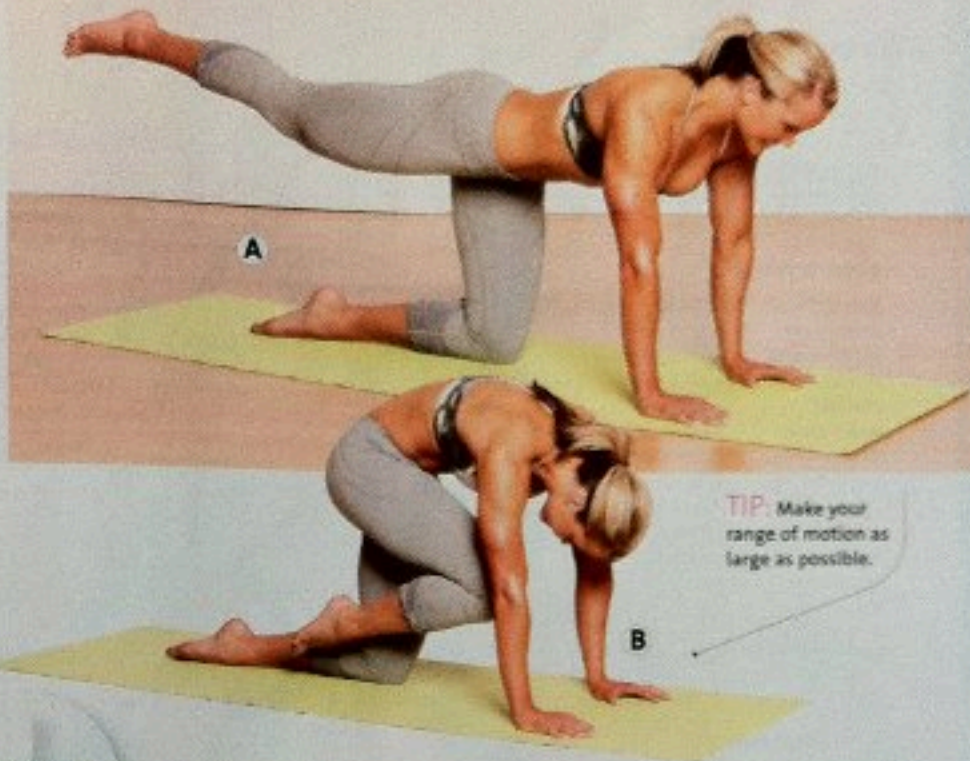
HAIR: JILLI BROWN; MAKEUP: JESSICA WATSON; STYLING: JESSICA WATSON; PROP STYLING: JESSICA WATSON

ACTIVE CAT

TARGET MUSCLES:
glutes, abdominals

SET UP: Start on all fours with your hands directly under your shoulders and your knees close together.

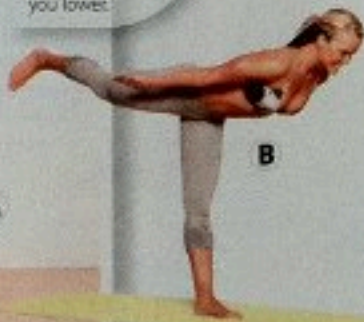
ACTION: As you inhale, lift your chest and extend your right leg behind you, reaching your foot up toward the ceiling [A]. As you exhale, round your spine and draw your right knee in toward your chest, trying to touch your knee to your forehead [B]. Perform 12 to 15 reps, then switch sides.



TIP: Make your range of motion as large as possible.



YOGA-BUTT TIP:
Avoid straining your neck by looking at the floor as you lower.



FLOWING WARRIOR 3

TARGET MUSCLES: glutes, hamstrings, abdominals

SET UP: Stand on your left leg and bend your right knee, bringing it as high as your hip. Extend your arms overhead [A].

ACTION: Extend your right leg behind you and hinge your torso forward until parallel to the floor, bringing your arms alongside your hips, palms facing up [B]. Slowly return to the start to complete the move. Repeat for eight to 10 reps before switching sides.

FEARLESS TWIST

TARGET MUSCLES:
glutes, hamstrings,
quads, abdominals

SET UP: This is a lateral twist on a one-legged squat. Stand on your right foot and bend your left knee to bring your foot behind you.

ACTION: Twist to the right side, bending your knee deeply, trying to touch the floor outside your right foot with your left hand. Continue to balance on your right foot and repeat the movement for eight to 10 reps. When you are through, switch sides ▶



YOGA-BUTT TIP:
Rest your opposite hand on the edge of a chair for support until your balance improves.

TIP:
Touching your shin is an easier option.

using your own body weight as resistance." That means you can get through your work out quickly and easily without having to worry about gathering equipment or getting your tush to the gym.

APPEARANCES ARE DECEIVING

But what makes this workout different from a traditional yoga class? Simply put, it's unique because of the flowing nature of the routine. Rather than holding a static position for several breaths, you'll be consciously activating your glutes as you move in and out of the poses, breathing rhythmically to connect your mind and body for deeper well-being.

ONE-OF-A-KIND EXERCISES

While this butt-blasting routine is not exactly easy, it is efficient and effective. In fact, you can do this entire routine in about 20 minutes. For best results, do these moves three times a week with a day of rest in between. You'll experience the welcome sensation of well-worked muscles after the first workout, and you'll see a higher, tighter derriere after just two weeks. Shopping for new yoga pants just got better!

Steps to a Yoga Butt

PERFORM the exercises in the order listed without any rest in between. You'll warm up your body as you progress through more demanding moves, ending with a combination strength-and-stretch exercise that doubles as a cool-down.

BREATHE slowly and deeply throughout the routine. Inhale to gather energy and exhale as you execute the move.

FOCUS on the muscles doing the work, and avoid using momentum to move through the sequence.

REPEAT the circuit up to three times, depending on your level of fitness. Beginners, start with one circuit the first time you do this routine, adding additional circuits over the next several workouts as you get stronger and improve your balance.

FLOWING WARRIOR 1

TARGET MUSCLES: glutes, quads, hamstrings, shoulders

SET UP: From a standing position, step your right foot forward and lower into a deep lunge, with your right knee directly over your ankle. As you inhale, raise your arms overhead [A].

ACTION: As you exhale, straighten your front knee and move your arms to your sides, keeping your back heel lifted [B]. Continue for 12 reps, then switch to your left leg.

YOGA-BUTT TIP: Try a few reps with your eyes closed to really test your balance!

A

B

TIP: Keep your rear knee hovering over the mat.

DOWNWARD DOG LEG LIFT

TARGET MUSCLES: glutes, hamstrings

SET UP: From an all-fours position, with your arms shoulder-width apart, lift your knees and come into a downward dog position. Your hips should be pointing toward the ceiling [A].

ACTION: Extend your right leg, raising it as high as you can, using your glutes to lift from the back of your thigh [B]; hold, then lower with control. Repeat for 12 to 15 reps, then switch legs.

TIP: Beginners can lift their heels from the mat.

Inversion vertigo?

Some yoga poses are called inversions, during which your hips are raised higher than your head. Although there is no danger if you feel lightheaded at any point, lower your body, place your forearms on the mat and sit your butt on your heels. When you're ready, return to your pose.

YOGA-BUTT TIP: Wrists hurt? Do this move while propped up on your forearms.

YOGA-BUTT TIP: Focus on pressing the knee of your lifted leg away from your body.

ONE-LEGGED BRIDGE WITH HIP LIFT

TARGET MUSCLES: glutes, hamstrings, quads

SET UP: Start on your back with your left knee bent, foot flat on the floor and your right ankle resting on your left thigh.

ACTION: Keeping your arms extended along your sides, raise your hips off the floor as high as you can. Slowly lower to the floor, then repeat for 10 to 12 reps before switching sides.

WHAT'S IN A MAT? PURCHASE A MAT THAT WON'T SLIDE ON SMOOTH SURFACES AND HAS NOT TOO MUCH—AND NOT TOO LITTLE—CUSHIONING.