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# SHAPE

SHAPE  
YOUR  
LIFE

**FLAT  
ABS  
WITHOUT  
CRUNCHES**  
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## 4 weeks to a better butt

Sculpt a lower body you'll love with these six moves. BY JEANINE DETZ

### THIS MONTH'S GOAL

Win the battle against butt and thigh jiggle.

### Why these moves work

By adding a wobbly surface, extra resistance, and single-leg exercises, the moves here not only help sculpt your backside and legs, they also force your tough-to-target outer hip muscles to engage, so you get a slimmer shape. Combine these toners with cardio on most days of the week and declare victory over lower-body woes for good.

### Anatomy lesson

Your **gluteus maximus** runs from your pelvis to your femur. It extends your hip and helps rotate it outward with help from the **gluteus medius**, which lies beneath it. Your **gluteus minimus** works with your gluteus medius to move your leg out to the side and stabilize your pelvis. Your quadriceps (or quads) are muscles on the front of your thigh that extend your knee. They are the **vastus lateralis**, **medialis**, and **intermedius**, as well as the **rectus femoris**.



### PRIMARY MUSCLES TARGETED

#### glutes

1. gluteus maximus
2. gluteus medius
3. gluteus minimus

#### quadriceps

4. vastus lateralis
5. vastus medialis
6. vastus intermedius
7. rectus femoris

### Details

You'll need a 4- to 6-pound medicine ball, a 9- to 12-pound bar, and two Bosu balance trainers. Two or three times a week, warm up with 5 minutes of cardio, then do 2 sets of 15 to 20 reps of each move in order.

Use these exercises to shape up for shorts season



**Shape reader model** Katherine, 27, lives in New York City. In addition to playing volleyball and practicing yoga, she hits the gym six days a week, doing 30 minutes of cardio and 20 minutes of strength training. "I use the Bosu for squats and jumps, but I'd never done the moves here," she says. "The ski mogul is awesome—I really felt it in my thighs."



**TRAINER'S STRATEGY** "It's easy to space out when both feet are on solid ground, but stand on a Bosu and your brain really has to focus," says Taj Harris, a personal trainer at Crunch Fitness in New York City, who designed this workout. "Plus, when you stand on a squishy surface, all the muscle fibers of your legs and glutes have to work even harder to keep you balanced." **➤The bottom line** Regularly use new tools to increase the challenge—that's key for continued results.

## SHAPE POWER PLIÉ

WORKS LEGS, BUTT, AND ARMS

- 1 Hold a medicine ball in front of your chest and stand with feet hip-width apart.
- 2 Bend knees and jump feet wide as you press the ball overhead, landing with toes and knees turned out.
- 3 Squat as you bring the ball back down to your chest [shown]. Jump feet back to starting position to complete 1 rep; repeat.



FOR MORE SCULPTING MOVES, GO TO [SHAPE.COM/WORKOUTS](http://SHAPE.COM/WORKOUTS).

## SHAPE SQUAT WITH EXTENSION

WORKS BUTT, LEGS, AND BACK

- 1 Position a weighted bar across your upper back and hold it with hands slightly wider than shoulders, palms facing forward.
- 2 Lift left leg so you're balancing on right foot. Squat and lean forward as you extend left leg behind you, foot flexed [shown].
- 3 Slowly rise up and repeat. Switch sides to complete set.



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## SHAPE SKI MOGUL

WORKS LEGS, BUTT, AND CORE

- 1 Stand on top of a Bosu with feet shoulder-width apart. Bend your elbows 90 degrees and tuck them at your sides, hands in fists and palms facing each other (as if you were holding ski poles).
- 2 Jump up as you twist lower body to the right, landing in a squat position with feet and knees pointing right and torso facing forward [shown].
- 3 Jump again, twisting lower body in the opposite direction, to complete 1 rep; repeat.



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## SHAPE SIDE LEG LIFT

WORKS BUTT, LEGS, AND CORE

- 1 Stand with right foot on the center of a Bosu and left foot on the floor beside it, feet slightly wider than shoulders.
- 2 Hold one end of a weighted bar in left hand at hip and rest the bar on the outside of left leg; place right hand on hip.
- 3 Shift weight to right leg as you raise left leg 45 degrees out to the side [shown]. Hold for 2 counts, then lower left leg until it nearly touches the Bosu and repeat. Switch sides to complete set.



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## SHAPE SPEED SKATER

WORKS BUTT AND LEGS

- 1 Place 2 Bosus on the floor 2 feet apart, flat sides down.
- 2 Stand with right foot on the center of the right Bosu, left knee bent and foot raised behind you. Bend elbows 90 degrees and tuck them at your sides, hands in fists and palms facing each other.
- 3 Push off right foot as you jump to the left, landing with left foot on the center of the left Bosu and right foot raised [shown]. Jump back to the right Bosu to complete 1 rep.



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## SHAPE HIP EXTENSION

WORKS BUTT

- 1 Get on all fours with knees on a Bosu, hip-width apart, and abs pulled in tight.
- 2 Raise left leg to hip height behind you, knee bent 90 degrees and foot flexed.
- 3 Raise left foot straight up [shown]. Lower leg to starting position and repeat. Switch sides to complete set.



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