



walk it off

by Cheryl S. Grant

When doing a squat, keep your knees over your toes to prevent injury.



a tighter butt in 30 days



Slim down your butt just in time for spring. All it takes is four or five 30-minute walks a week and one quick move after each walk. Eat smart and you'll drop 5 pounds and fit into a smaller pants size in just one month. "Adding these strengthening exercises to your routine helps you burn calories and lose noticeable inches as well," says New York City celebrity trainer Vincent Maggio. Perform the moves, at right, anytime, but it's best to do them at the end of each walk (when your body is warmed up) to decrease the risk of injury.

SHOES WITH A PROMISE

On a brisk 30-minute walk the average woman works her legs and butt and burns about 120 calories. Add Skechers Shape-Ups sneakers to the mix and the beneficial impact on your glutes increases by 41%. Go to momster.com/fc/askvincent to ask trainer Vincent Maggio your tush-slimming questions. If he answers yours, you'll receive a pair of Skechers (\$100 value) from Famous Footwear.



WEEK 1 MOVE → Full Body Squats

Stand with legs hip-width apart, toes turned out slightly, and hands stretched out in front of you. Slowly bend knees and lower butt for a count of 4 seconds. Hold for 3 seconds, then return to standing position in a slow, controlled manner, taking 2 seconds to ascend. On the first 2 days of the week you walk (for instance, on Monday and Tuesday) do 3 sets of 10 reps with 30 seconds of rest between sets. On the other days you walk (maybe Thursday and Saturday) do 3 sets of 20 reps with 1 minute of rest between sets.

WEEK 2 MOVE → Reverse Lunges

Stand with your feet shoulder-width apart and hands on hips. Put your right leg back behind you. Lower your body for a count of 4 seconds while bending the left knee—your back knee should almost touch the floor. Return to standing position in a slow, controlled manner, taking 2 seconds to come up. Alternate legs. On first 2 days of the week do 3 sets of 10 on each leg with 1 minute of rest between sets. On subsequent walking days do 3 sets of 15 on each leg with 1 minute of rest between sets.

WEEK 3 MOVE → Forward Lunges

Stand with legs about 4 inches apart and hands on hips. Take a big step forward with your right foot, keeping toes pointed forward. Lift your left heel. Lower your body (take 4 seconds), until your pelvis is in line with front knee. (Front knee should be directly over your ankle.) Take 2 full seconds to return your body to starting position. Begin with 2 days of 3 sets of 10 with a 30-second rest between sets. The rest of the week do 3 sets of 25 with 90 seconds of rest.

WEEK 4 MOVE → Romanian Dead Lifts

Holding 3- to 5-pound weights, feet shoulder-width apart, bend at hips—keep back flat, knees slightly bent and arms straight as you lower weights to floor. Take 4 seconds to lower and 2 seconds to raise your body back up. Do 15 lifts, rest 1 minute and repeat 3 times on the first 2 days you walk this week. Other days do 30 reps, rest 90 seconds, then repeat 3 times.



LOOKING GOOD

Rainy days aren't an excuse for not working your butt off. *Denise Austin: Best Bun & Leg Shapers* DVD includes seven short (5 to 15 minutes long) workouts to sculpt your tush and legs. Find it at lionsgateshop.com, \$15.