

20 **workout** series

minute

Glute Camp

Buy all the expensive jeans you like, but if you really want a hot ass, you've got to work your gluteal muscles, not your credit card. So if you want to improve that rear view, this part of our 20-minute workout series will solidify your assets.

FRONT LUNGE PUSH-OFF

Grab a pair of four- to seven-kilo dumbbells and stand with your feet together and your arms at your sides. Leading first with your left foot, lunge forward and lower your hips until both knees form 90-degree angles (A). With your right leg, pull yourself back to standing as you raise your left leg until your thigh is parallel to the floor (B). Balance on your right leg for one second, then return to start.



3 Sets
12 - 15 reps
30 sec rest

MOVE 2

SUMO SQUAT & LEG RAISE

Grab a seven- to nine-kilo body bar with your hands wider than shoulder-width apart. Stand just over half a metre to the right of a 30cm-high step or bench. Position the bar across your shoulder blades. Step onto the bench with your left foot, then squat until your thighs are nearly parallel to the floor (A). Stand up, straightening your left leg as you lift your right leg straight out to the side (B). Balance on your left leg for one second, then return to start.



2 Sets
12 - 15 reps
30 sec rest

MOVE 4

RAISED LUNGE & BALANCE

Grab a pair of five- to seven-kilo dumbbells and stand with your back to a 30cm-high step just over half a metre away. Place your right toes on the bench and sink into a lunge (A). Straighten your left leg as you bring your right knee in front of you and up until your right thigh is parallel to the floor (B). Balance on your left leg for one second, then return to start.



3 Sets
12 - 15 reps
30 sec rest

MOVE 6

ELVIS PLIE

Grab a seven- to nine-kilo body bar with your hands wider than shoulder-width apart. Rest the bar across your shoulder blades and position your legs wider than shoulder-width apart with your toes turned out. Squat until your thighs are parallel to the floor (A). Rotate your entire body 90 degrees to the left (B). Return to centre, stand and squat again, this time rotating to the right. That's one rep.



2 Sets
12 - 15 reps
30 sec rest

MOVE 1

LUNGE-REACH COMBO

Grab a pair of four- to seven-kilo dumbbells and stand with your feet together and your arms at your sides. Keeping your right leg straight and your toes facing forward, lunge to the left and lower your hips until your left thigh is parallel to the floor. Bend at the hips and lower the dumbbells so they're on either side of your left calf (A). Return to centre. Next, perform a reverse lunge, stepping back with your left leg. Bend at the hips and lower the dumbbells so they're on either side of your right calf (B). Return to start. Do 12 to 15 reps, then repeat, lunging with your right leg. That's one set.



2 Sets
12 - 15 reps
30 sec rest

MOVE 3

CURSTY SQUAT & LIFT

Grab a pair of five- to seven-kilo dumbbells and stand with your feet hip-width apart, arms at your sides. Cross your right leg behind your left, slightly left of your left heel, and rest your toe on the floor just over half a metre behind you (A). Keeping your right heel up, squat down as far as you can without letting your left knee extend past your toes (B). Straighten your left leg and raise your right leg as high as possible behind you, lowering your torso toward the floor (C). Return to start.



3 Sets
12 - 15 reps
30 sec rest

MOVE 5

HIP BRIDGE & HEEL DRAG

Lie on your back with your lower legs on a stability ball. Raise your hips until they're aligned with your feet and shoulders (A). Raise your left leg until the bottom of your foot is facing the ceiling (B). Press your right heel into the ball and roll it toward your butt (C). Roll the ball back out. Keeping your hips lifted, repeat the rolling motion for 12 to 15 reps. Repeat on the other side, resting for 30 seconds beforehand if needed.



3 Sets
12 - 15 reps
30 sec rest

MOVE 7