

**7**  
MINUTE  
WORKOUT

# Booty boot camp

BY BETSY STEPHENS

WE WANT YOU...TO GET THE BEST booty possible! If you're serious about toning your tush, enlist in this seven-minute glute-focused workout developed by Lauren Brenner, creator of Pure Power Boot Camp in New York City. Her routine works every muscle in your butt until it's got no choice but to shape up.

**MINUTES 0:00-1:00**

**TWO-PART SQUAT**

(targets gluteus maximus and medius, quadriceps, hip abductors) Stand with feet wider than hip-width apart, toes turned out. Squat down until thighs are parallel to floor. Hold for 3 counts. Next bend knees to lower 4 more inches. Hold for 3 counts. Come up to the point where your thighs are parallel and hold for 3 counts. Repeat.

**1:00-2:30**

**ARABESQUE**

(targets gluteus maximus, hip abductors) Stand with feet hip-width apart, right arm reaching toward ceiling. Extend right leg back and lift 5 to 7 inches, knee facing floor and toes pointed. Lower and repeat 15 times. Do 15 reps with your knee facing out to the right. Repeat on left.

**2:30-3:30**

**SIDE-EXTENSION SQUAT**

(targets gluteus maximus and medius, hip abductors) With feet shoulder-width apart, squat down 90 degrees. Stand, lifting right leg to hip height at side. Hold for 3 counts, then come down. Repeat 30 times; switch sides.

**3:30-4:30**

**BUTT KICKER**

(targets gluteus maximus and medius, hamstrings) Get down on all fours and lift right leg to hip height with foot flexed, knee bent 90 degrees. Extend leg as if you were stamping an imprint of your sole on the ceiling. Return leg to hip height and repeat for 30 reps; switch sides.

**4:30-6:00**

**BUTT LIFT**

(targets gluteus medius, hip adductors) Lie faceup with knees bent, feet hip-width apart. Lift butt and bring knees together. Hold for 2 counts, release knees, and lower butt to just 1/2 inch above floor. Repeat 30 times. Without coming down, do one more round of 30 with knees apart.

**6:00-7:00**

**LEG LIFT**

(targets gluteus maximus and medius, quadriceps, hamstrings) Lie faceup with knees bent, feet hip-width apart. Extend right leg 4 inches off floor. Lift hips 6 inches, then lower to 1/2 inch above floor. Repeat 20 times; switch legs.

Two-Part Squat



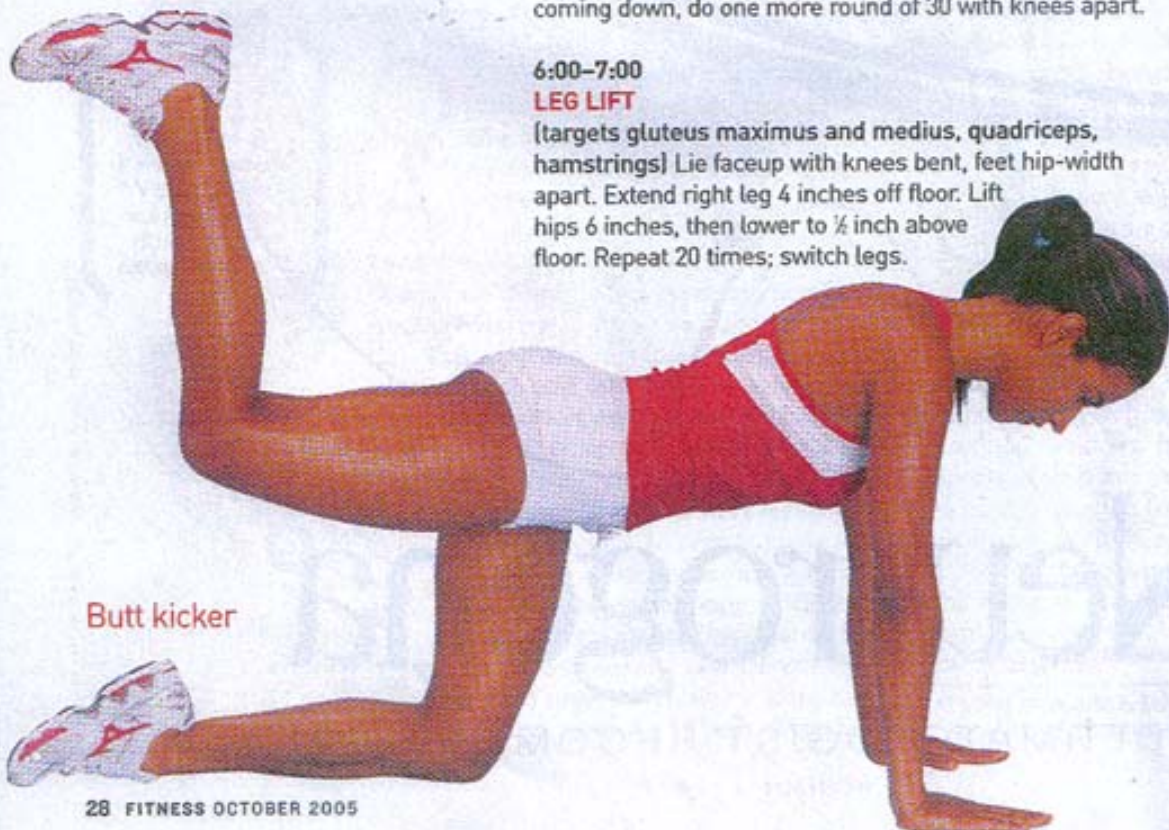
Arabesque



Butt Lift



Leg Lift



Butt kicker