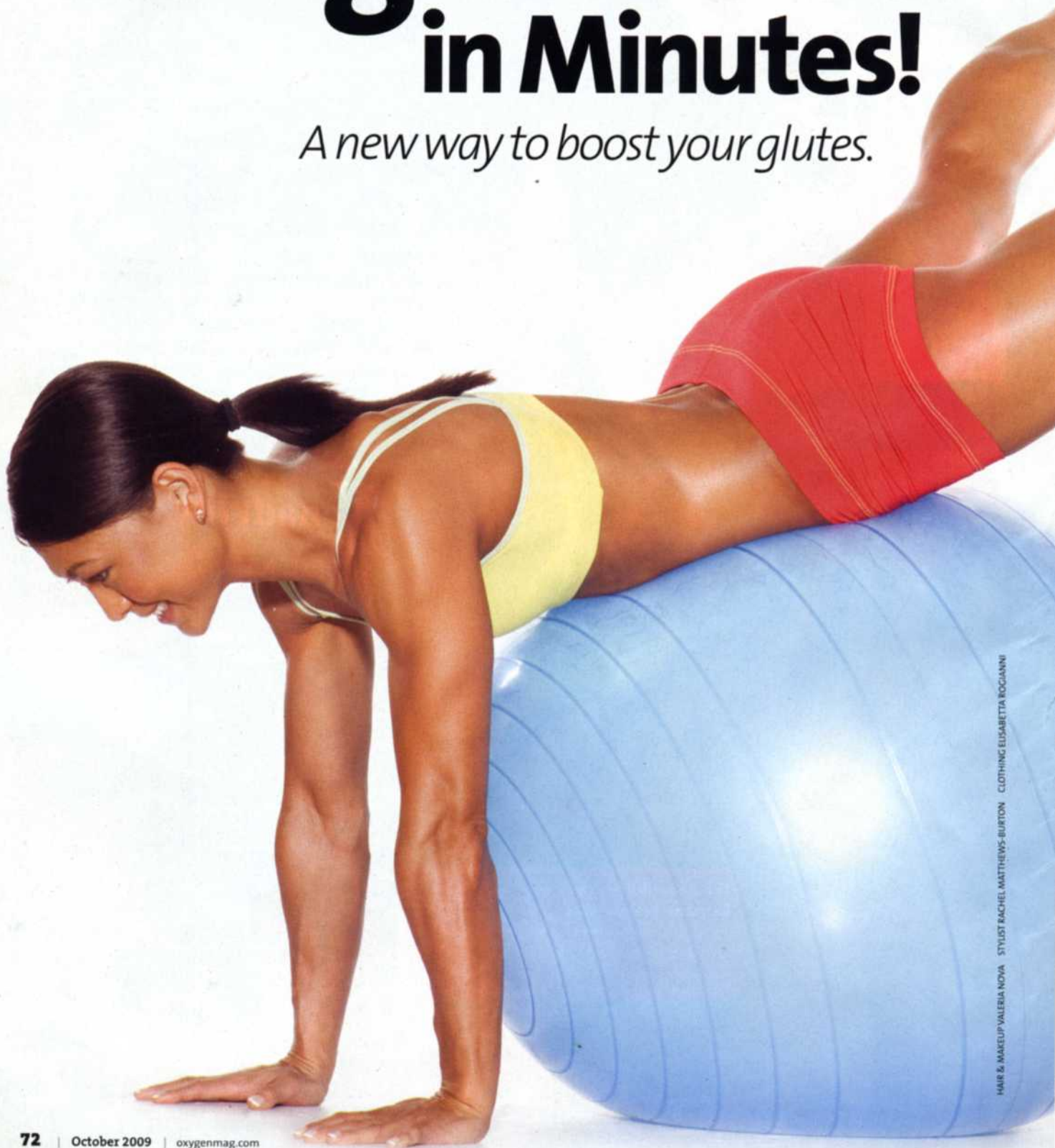


# A Tight Butt in Minutes!

*A new way to boost your glutes.*



HAIR & MAKEUP VALERIA NOVA | STYLIST KACHEL MATTHEWS-BURTON | CLOTHING ELISABETTA ROGIANNI



## Lean and toned

Oxygen model and Vancouver, Canada-based Linda Minard took less than a year to go from skinny to buff.

**Beginner? Intermediate? Advanced?** Regardless of your level, **Oxygen** has a plan for sculpting a strong, sexy backside with an exclusive butt-blasting routine that will get you in and out of the gym in **20 minutes or less!** That means no more excuses – just results! BY PEGGY HALL | PHOTOGRAPHY PAUL BUCETA

**L**ess than satisfied with your current rear view? Chances are you're stuck in the same old squats-and-lunges routine. Sure, those exercises represent the essential nuts and bolts of bottom training, but if you're ready to bust out of your rut and create some noticeable changes in your lower body, then you'll love this innovative workout that hits your glutes from every angle – so you'll look great from every angle!

Beyond aesthetics, strong glutes also play an important role in keeping your back sturdy and pain-free. That's right – the gluteal muscles act to stabilize the lower back, as well as your hips and legs. "Well-developed glutes are important for overall muscular balance of your body," explains expert trainer Mike Davies of Ohio-based The Fitness Factory. Just take a look at some of the gals he's trained (like fitness pros Julie Palmer, Latisha Wilder and Jen Hendershott) and you'll see evidence of their strong and shapely show-stopping assets.

Even if you're not training for a turn on the stage, you can still look competition-ready by giving your glutes the attention they deserve.

"Hit this muscle group hard once a week," Davies recommends, "but be smart about the way you approach your training." In other words, if you want to build a fuller, rounder look, consider doing a second workout three to four days later, he suggests. "But be careful not to overtrain, or you might feel like backing off all your workouts," he observes. Best advice? Listen to your body and give it what it needs. If you're still sore four days after your workout, take another couple of days to recover fully. Remember, muscles repair and grow during the resting phase, not the training phase; so be sure to take the time your buttocks requires.

What makes our training plan unique is the variety of exercises it offers. "Try to switch things up frequently to stimulate your muscles differently," says Davies. "Besides, no one wants to be bored doing the same old workout." He recommends using your imagination when you train – as we've done with these exercises – and you'll reap the results in record time!

TURN FOR  
YOUR TIGHT-  
BUTT PLAN.



# Your Great Glutes Training Plan

Depending on your experience level, this Oxygen glute plan has an approach designed just for you.

## BASIC PLAN for beginners:

Perform the exercises in the order listed – one set per exercise – once a week. Another option for beginners has you splitting the workout into two segments: Do exercises 1 through 4 – two sets per exercise – on day one; then three to four days later, do exercises 5 through 7 – each for two sets.

## INTERMEDIATE PLAN for adding more muscle:

Do the entire workout for the recommended sets and reps, resting


45 seconds between each set, and then repeat it approximately four days later.

**ADVANCED PLAN:** Do the workout as a giant set – do one set of each exercise, and without rest, move on to the next exercise, continuing in this manner until all exercises have been completed. This can significantly deplete your energy stores, but if you're up to it, rest for two to three minutes and do another giant set or as many exercises as your energy allows. To ensure adequate recovery time, do not repeat for up to seven days.

However, thereafter return to your regular glute training or try the intermediate version to avoid overtraining by continuing to do giant sets.

## FOR FAT BURNING and glute building:

Do a circuit consisting of one set of each exercise (for the required number of reps – do not fail on any set, but come within two or three reps of failure), take a 60 to 90 second rest, and repeat the circuit or as much of it as possible.

 <b>EXERCISE</b>	<b>BEGINNER</b>	<b>INTERMEDIATE</b>	<b>ADVANCED GIANT SET</b>	<b>FAT-BURNING</b>
	<b>REPS/SETS OPTION 1</b> (Rest 30 seconds between sets): alternative option below	Reps/Sets (Rest 45 seconds between sets)	Do one set of each, without rest between exercises	Do one set of each exercise, without rest between exercises
<b>1. Side step-up</b>	1/15 per leg	2/15 per leg	1/15 per leg	1/10 per leg
<b>2. Sumo squat with medicine ball</b>	1/12	2/12	1/12	1/10
<b>3. Hip extension on stability ball</b>	1/15	2/15	–	1/12
<b>4. Single-legged deadlift</b>	1/12–15 per leg	2/12–15 per leg	1/12–15 per leg	1/10–12 per leg
<b>5. Single-legged squat</b>	1/12–12 per leg	2/12–12 per leg	–	1/10–12 per leg
<b>6. Modified flye-squat</b>	1/15	2/15	1/15	1/10
<b>7. Donkey kick</b>	1/12–15 per leg	2/12–15 per leg	–	–
<i>Alternative Option:</i>	Do two sets of each exercise 1–4; three-four days later, do two sets each of exercises 5–7.	Because you're doing 14 sets, don't skimp on the rest periods if you want to build muscle.	Rest 2–3 minutes before repeating giant set (or for as many exercises as energy permits).	Rest 60–90 seconds and repeat the circuit, or as much of it as your energy permits.

# 1 side step-up

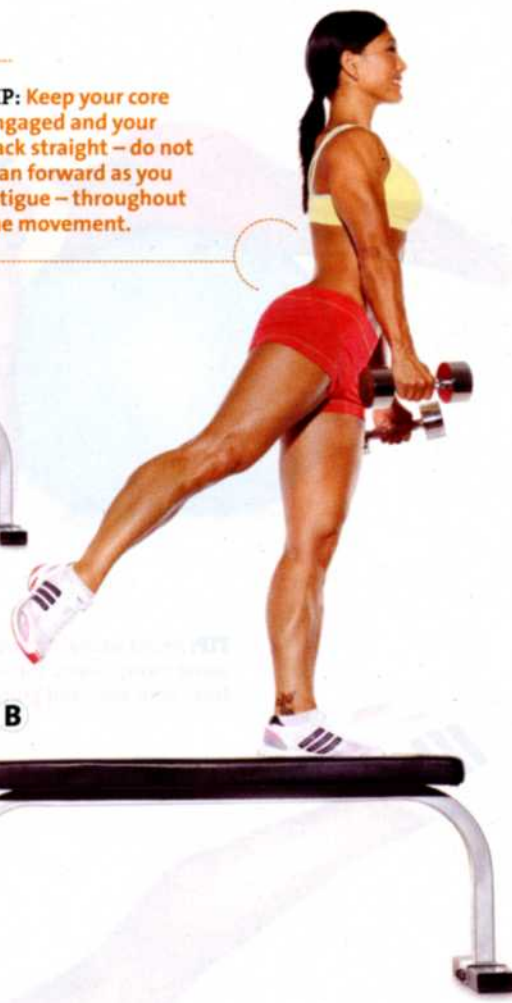
**TARGET MUSCLES:** glutes, quadriceps, core

**SET UP:** Grab a pair of five- to eight-pound dumbbells and stand with your left side next to a stable bench.

**ACTION:** Step up with your left foot [A], firmly placing it on the bench. Extend your right leg behind you [B], squeezing your glute and then lower your right foot back down to the floor with control. Keep your left foot in place and complete all reps before switching sides.



**TIP:** Keep your core engaged and your back straight – do not lean forward as you fatigue – throughout the movement.



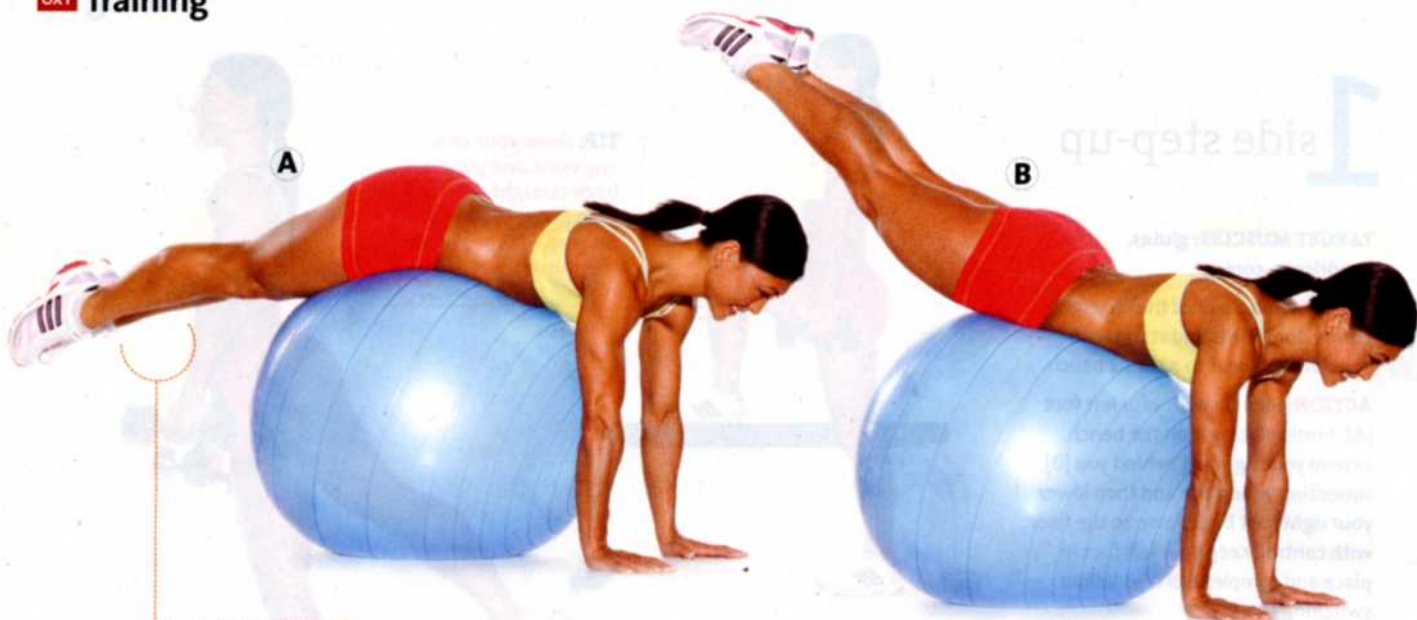
# 2 sumo squat with medicine ball

**TARGET MUSCLES:** glutes, inner and outer thighs, quadriceps, chest, shoulders

**SET UP:** Grab a five- to eight-pound medicine ball and hold it at arms length [A].

**ACTION:** Take a side step to your left, lower into a squat and draw the ball to your chest [B]. Press back up and then bring your left foot back to the starting position while extending your arms [A]. Repeat the move, but this time step with your right foot to the side, finishing the sequence until you have returned to the starting position. Continue alternating in this manner for a total of 12 reps (six per side).

**TIP:** To emphasize your inner thighs more directly, turn your toes out slightly.



**TIP:** Avoid swinging your legs or using momentum. Initiate the move from your hips and glutes.

### 3 hip extension on stability ball

**TARGET MUSCLES:** glutes, hip flexors, inner and outer thighs, lower back

**SET UP:** Take a face-down position over an exercise ball and rest your hands on the floor under your shoulders. Keep your core tight [A].

**ACTION:** Keeping your ankles together, raise your legs until they are in line with your torso [B]. Next, spread your legs into a straddle [C], and then lower to the starting position. Bring your feet back together [A], and repeat the entire sequence.



**Reality Fact:** Not unlike the adductor and abductor machines, which always seem to be inconveniently positioned in most gyms, the hip extension on a stability ball can bring out the gawkers and rubbernecks. But since this is a great move for building your butt and lumbar spine muscles, don't let gym jackals stop you from trying it out. Just position yourself in way that makes you feel comfortable.



**TIP:** Keep your abs engaged throughout the move.

## 4 single-legged deadlift

**TARGET MUSCLES:** glutes, hamstrings, core

**SET UP:** Hold a pair of five- to eight-pound dumbbells alongside your body and stand tall.

**ACTION:** Shift your weight onto your left foot and bend at the waist. Hinge at the hips and raise your right leg. Aim to keep your head, hips and heel all in line. Keep a slight bend in your supporting leg to avoid strain on your knee. Slowly return to the upright position, lowering your right leg with control (without resting on it). Repeat for the required number of reps on one leg before switching to the opposite side.

**Reality Fact:** Sure, single-legged work requires more from your stabilizer muscles, but the approach allows you to focus more intensely on the working muscle, one side at a time. This single-minded pursuit leads to perhaps a bit more frustration, but also a quicker lift to the rear end.

## 5 single-legged squat

**TARGET MUSCLES:** glutes, quadriceps, core

**SET UP:** Hold a pair of three- to eight-pound dumbbells and stand straight with your feet together.

**ACTION:** Lift your left foot slightly and take the weight into your right leg [A]. Hinge forward at your hips, bend your right knee deeply and reach your arms toward the floor [B]. Lift your chest to return to the starting position, but keep your back foot lifted the entire time. Repeat all reps before switching sides.

**TIP:** Beginners, do this without using any additional weight.



## 6 modified flye-squat\*

**TARGET MUSCLES:**

glutes, inner and outer thighs, quadriceps, shoulders, chest

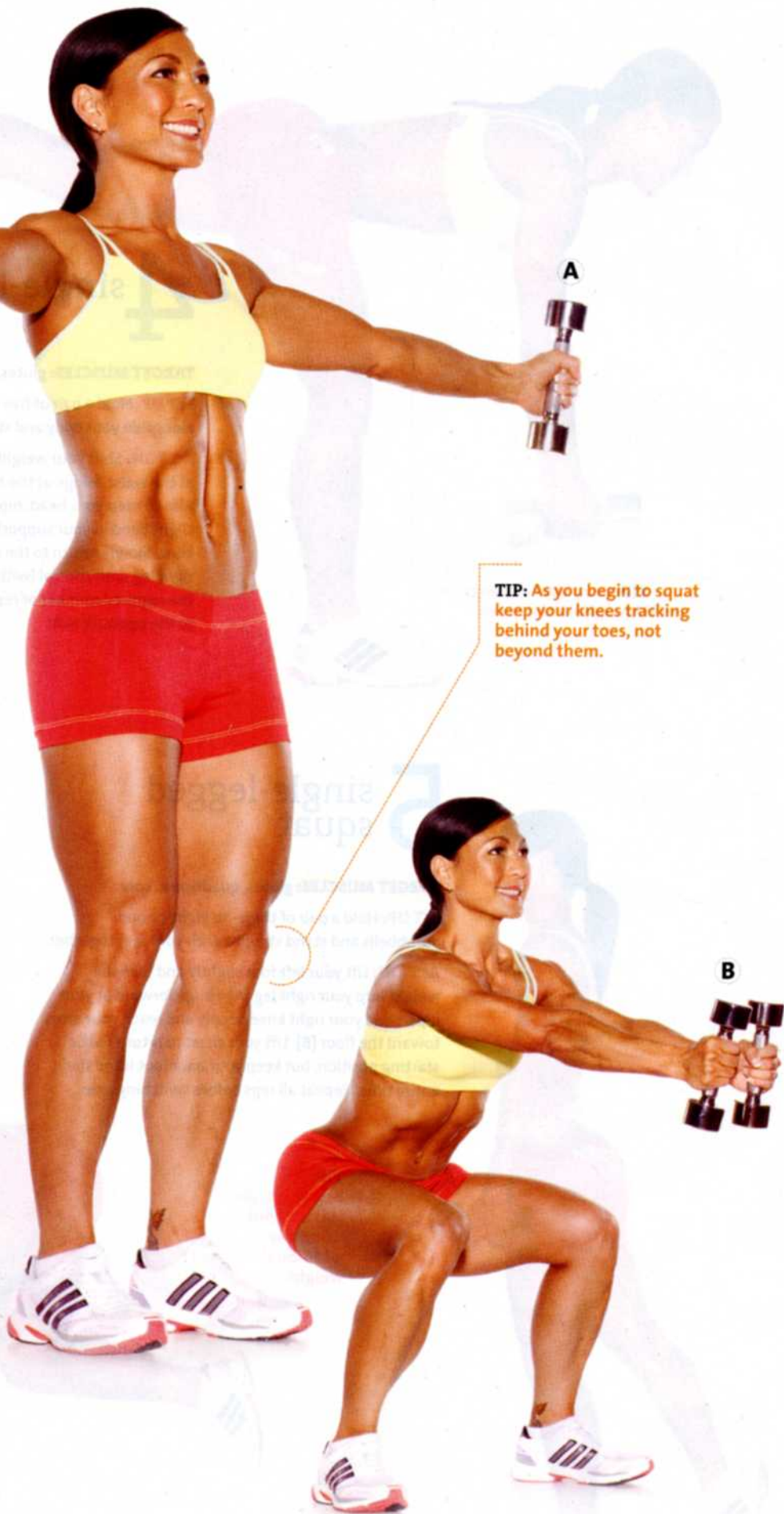
**SET UP:** Hold a pair of light dumbbells out to your sides (thumbs up) at shoulder height and stand with your feet shoulder-width apart [A].

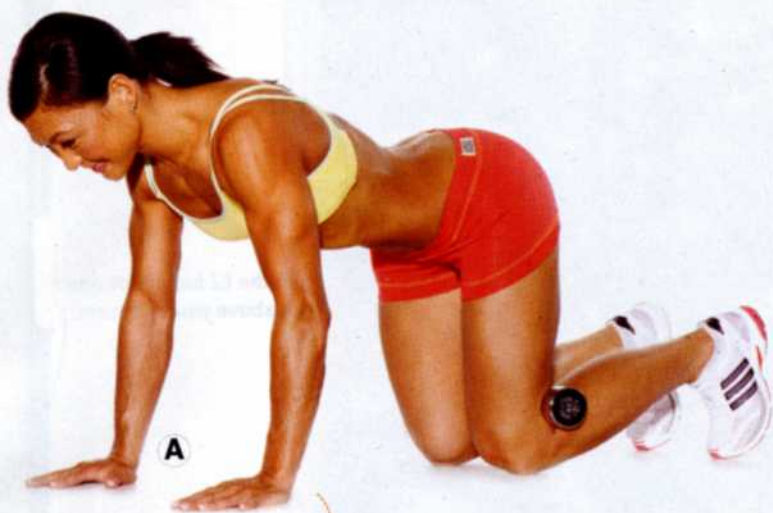
**ACTION:** Keeping your core engaged, step out to the side and lower your hips until your hamstrings are nearly parallel to the ground. At the same time, bring the weights together in front of your chest, engaging your shoulder and chest muscles [B]. As you return to the upright position, open your arms out to the sides to complete the move.

\* We don't know what else to call it, but trust us, it works!

**TIP:** As you begin to squat keep your knees tracking behind your toes, not beyond them.

**Reality Fact:** The more muscle groups you can engage in a single exercise, the faster your metabolism will hum along, and that's why we like the modified flye-squat. Sure, it may seem wonky, but you'll be generating a bit more effort for enhanced fat-burning.





**TIP:** Wrist issues? Support yourself on your forearms instead.

**Reality Fact:** As the anonymous quote notes, haste makes waste, and in this case, taking time with the donkey kick will produce better results than rushing through it like an hysterical competitor on *The Amazing Race*. Leave the speedy gals to reality TV, and train like the plodding turtle who wins the race – your glutes will achieve a solid state more quickly that way.

## 7 donkey kick

**TARGET MUSCLES:** glutes, hip flexors, lower back

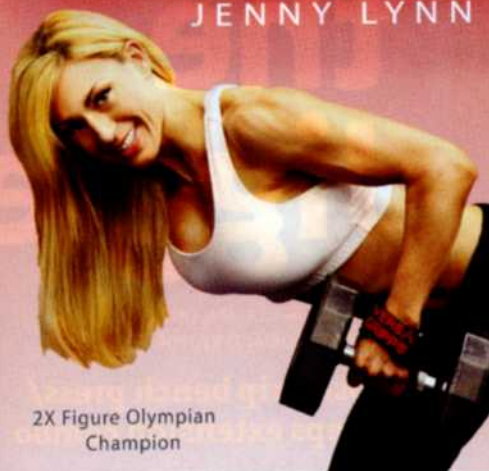
**SET UP:** Start on all fours and place a three- to five-pound weight in the crook of your left knee [A].

**ACTION:** Keeping your knee bent and foot flexed, engage your glutes to raise your heel toward the ceiling [B]. Lower with control, keeping your knee bent and your glutes engaged throughout the movement. Keep your head and neck in a neutral position. Complete your reps before switching sides.



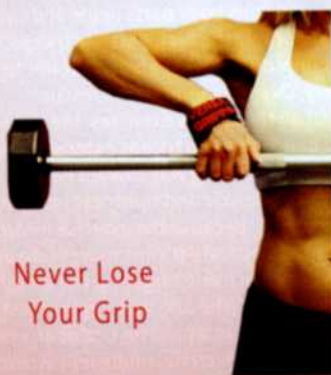
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