

# 30 DAYS TO A BETTER BUM!

*(No squats required!)*

Want a pert posterior but sick of doing squats? Try these dynamic moves for a bikini-ready bottom in just one month

Squats certainly have their place when you want to tone up. But sometimes you just need to mix it up to test your body, target new muscles and, well, stop you from getting bored.

Trainer Anna Reich (annareichpt.co.uk) has created a bespoke routine to firm and lift your derrière in time for summer. These moves target your glutes, made up of three main muscles - your gluteus maximus (large muscle in the centre of each buttock), gluteus medius (at the top of each buttock) and gluteus minimus (towards the side of each buttock). 'They are the largest group of muscles on your body - which means huge calorie burners! And they're key for everyday tasks, such as walking, sitting and standing,' says Anna.

Apart from getting your bum *Baywatch* ready, these six moves will keep you fit and active during the warmer months and beyond. Look right to get started...



**30**  
day  
challenge

## YOUR 'SO LONG SQUATS' WORKOUT

When performing squats, people often let their quads do most of the work, so their bums don't get much of a workout. These moves will isolate your glutes, helping you get the results you want.

### » HIP THRUST

Lie face up on the floor, knees bent, feet flat on floor. Engage core and glutes, press your heels into the floor and drive your hips upwards. Pause at the top, squeeze glutes and lower back down.

Make sure you don't arch your chest.



### » HIP THRUST WITH LEG RAISE

Perform hip thrust (left). Before you lower back down, extend your left leg up as high as you can go. Hold, then return to the starting position and repeat on other side.



### » LEG RAISE

Stand with feet hip-width apart and rest your opposite hand to the leg you're moving on a chair for support. Slowly raise your right leg out to the side, hold, then slowly lower back down. Repeat on the other side.



Ditch the chair to boost your balance, too.

### » FROGGY GLUTE LIFT

Lie flat on your stomach, palms crossed in front of you, face resting on forearms. Bend knees so feet are facing the ceiling. Place your heels and toes together. Engage glutes and lift knees off the ground, while keeping feet together. Slowly lower and repeat.



Keep your body straight during the whole exercise.



### » SIDE LUNGE

Stand with feet shoulder-width apart, hands on hips. Step out to the side with right leg, bend your right knee and lower your body down. Keep your left leg straight. Pause, then return to start position and repeat on other side.



### » SIDE LUNGE WITH LEG RAISE

Perform the side lunge (left). But once you've performed the right-side lunge and are returning to the start position, lift your right leg up and out to the side. Return to start (feet shoulder-width apart) and repeat on other side.

Good luck with your challenges and let us know how you're getting on with them on our Facebook page. You can also discover more inspiring fitness videos to help you get into shape at [facebook.com/fitandwellmagazine](https://www.facebook.com/fitandwellmagazine)

TURN OVER FOR THE CHALLENGE »



# 30 day challenge

## » HERE'S YOUR CHALLENGE CHART: GET TICKING!



**TIP**  
Concentrate on your glutes during each move and remember to squeeze!

<b>1</b> <input type="checkbox"/> <b>3 x</b> hip thrust <b>3 x</b> leg raise <b>3 x</b> side lunge	<b>2</b> <input type="checkbox"/> <b>4 x</b> hip thrust <b>4 x</b> leg raise <b>4 x</b> side lunge	<b>3</b> <input type="checkbox"/> <b>5 x</b> hip thrust <b>5 x</b> leg raise <b>5 x</b> side lunge
<b>4</b> <input type="checkbox"/> <b>6 x</b> hip thrust <b>6 x</b> leg raise <b>6 x</b> side lunge	<b>5</b> <input type="checkbox"/> <b>7 x</b> hip thrust <b>7 x</b> leg raise <b>7 x</b> side lunge	<b>6</b> <input type="checkbox"/> <b>8 x</b> hip thrust <b>8 x</b> leg raise <b>8 x</b> side lunge
<b>7</b> <input type="checkbox"/> <b>9 x</b> hip thrust <b>9 x</b> leg raise <b>9 x</b> side lunge	<b>8</b> <input type="checkbox"/> REST DAY	<b>9</b> <input type="checkbox"/> <b>10 x</b> hip thrust <b>10 x</b> leg raise <b>10 x</b> side lunge
<b>10</b> <input type="checkbox"/> <b>11 x</b> hip thrust <b>11 x</b> leg raise <b>11 x</b> side lunge	<b>11</b> <input type="checkbox"/> <b>12 x</b> hip thrust <b>12 x</b> leg raise <b>12 x</b> side lunge	<b>12</b> <input type="checkbox"/> <b>13 x</b> hip thrust <b>13 x</b> leg raise <b>13 x</b> side lunge
<b>13</b> <input type="checkbox"/> <b>14 x</b> hip thrust <b>14 x</b> leg raise <b>14 x</b> side lunge	<b>14</b> <input type="checkbox"/> <b>15 x</b> hip thrust <b>15 x</b> leg raise <b>15 x</b> side lunge	<b>15</b> <input type="checkbox"/> <b>16 x</b> hip thrust <b>16 x</b> leg raise <b>16 x</b> side lunge
<b>16</b> <input type="checkbox"/> <b>3 x</b> hip thrust with leg raise <b>3 x</b> froggy glute lift <b>3 x</b> side lunge with leg raise	<b>17</b> <input type="checkbox"/> <b>4 x</b> hip thrust with leg raise <b>4 x</b> froggy glute lift <b>4 x</b> side lunge with leg raise	<b>18</b> <input type="checkbox"/> <b>5 x</b> hip thrust with leg raise <b>5 x</b> froggy glute lift <b>5 x</b> side lunge with leg raise
<b>19</b> <input type="checkbox"/> <b>6 x</b> hip thrust with leg raise <b>6 x</b> froggy glute lift <b>6 x</b> side lunge with leg raise	<b>20</b> <input type="checkbox"/> <b>7 x</b> hip thrust with leg raise <b>7 x</b> froggy glute lift <b>7 x</b> side lunge with leg raise	<b>21</b> <input type="checkbox"/> <b>8 x</b> hip thrust with leg raise <b>8 x</b> froggy glute lift <b>8 x</b> side lunge with leg raise
<b>22</b> <input type="checkbox"/> <b>9 x</b> hip thrust with leg raise <b>9 x</b> froggy glute lift <b>9 x</b> side lunge with leg raise	<b>23</b> <input type="checkbox"/> REST DAY	<b>24</b> <input type="checkbox"/> <b>10 x</b> hip thrust with leg raise <b>10 x</b> froggy glute lift <b>10 x</b> side lunge with leg raise
<b>25</b> <input type="checkbox"/> <b>11 x</b> hip thrust with leg raise <b>11 x</b> froggy glute lift <b>11 x</b> side lunge with leg raise	<b>26</b> <input type="checkbox"/> <b>12 x</b> hip thrust with leg raise <b>12 x</b> froggy glute lift <b>12 x</b> side lunge with leg raise	<b>27</b> <input type="checkbox"/> <b>13 x</b> hip thrust with leg raise <b>13 x</b> froggy glute lift <b>13 x</b> side lunge with leg raise
<b>28</b> <input type="checkbox"/> <b>14 x</b> hip thrust with leg raise <b>14 x</b> froggy glute lift <b>14 x</b> side lunge with leg raise	<b>29</b> <input type="checkbox"/> <b>15 x</b> hip thrust with leg raise <b>15 x</b> froggy glute lift <b>15 x</b> side lunge with leg raise	<b>30</b> <input type="checkbox"/> <b>16 x</b> hip thrust with leg raise <b>16 x</b> froggy glute lift <b>16 x</b> side lunge with leg raise

**TIP**  
Avoid using the lift and hit the stairs instead to keep working your glutes every day.

