

# Blitz that bum

If your bottom is feeling a bit on the flabby side, try these exercises to help you get it back in shape again



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## The clam

- Lie on your side with your head on your arm, knees bent. Ensure your hip is flexed to no more than 25 degrees.
- Keeping your feet together initially, lift your top knee as high as you can, but don't let your hips roll. Hold for 10 seconds and slowly lower.
- Repeat 10 times. To make the exercise more difficult, try separating your feet slightly once your knee is lifted.

1



## Shoulder bridge

- Lie on your back with your knees bent, feet pointing forwards, and palms facing upwards.
- Pushing through your heels, lift your hips so there's a straight line from your knees to your shoulders. Squeeze your bum and pull in your tummy muscles to prevent your back arching too much.
- Perform 10–20 reps with 5-second holds.

2



## 4-point hip extension

- Kneel on all fours with your hips over your knees and your shoulders over your hands.
- Keeping your lower back straight, hips still and the back of your neck long, slide one leg out behind you. Slowly lift it to horizontal, ensuring the movement comes from your hips and not your lower back.
- Perform 10–20 on each leg holding for 5 seconds at a time.

3



## Split squat

- Put one foot in front of the other (3 foot-lengths apart). Raise your heel at the rear, pulling in your tummy muscles and squeezing your bum muscles.
- Lower yourself towards the floor slowly, without moving forward or tipping forward from your hips or waist. Then slowly stand again.
- Perform 10–20 reps on each leg. Ensure your front knee does not travel ahead of your front foot, and that your knee is aligned over your second toe.

4

