

# best **body**



## **Bringing Up the Rear**

One, two, three, four—make that booty work some more! Fit women just like you are suffering from “lazy butt syndrome.” Find out how to put the zing in your cheeks, then score your hottest, healthiest *everything*.

*By Marissa Gainsburg*

## Get-Fit Tricks

Let's say you have this amazing coworker. She's irreplaceable, but lately, homegirl has been phoning it in. Sometimes she doesn't even show up to crucial meetings, forcing you and the rest of the team to carry her load. What an ass, right?

Not being metaphorical here—we're literally talking about your butt. It's the biggest and most important muscle you have, but your glutes can get a case of the lazies, forgetting to "activate" or "turn on" sufficiently during everyday tasks or workouts, says certified strength and conditioning specialist Bret Contreras, coauthor of *Strong Curves: A Woman's Guide to Building a Better Butt and Body*. There's a textbook term for this phenomenon—gluteal amnesia—and it could be dragging you (and your fitness goals) down. After all, your rear assists in every type of motion: running, jumping, lifting, you name it.

That powerhouse job description is the reason many scientists believe the glutes evolved into the machines they are today, distinguishing humans from their four-legged ancestors. Ironic, then, that our current lifestyle has set us back a bajillion years. "We're sitting for hours and hours a day, and that teaches the muscles to be lax instead of active, even for some regular exercisers," says Robert Panariello, chief clinical officer and founding partner of Professional Physical Therapy of New York, New Jersey, and Connecticut.

And so begins the fallout: Muscles along the back side of your body (known as the posterior chain) are forced to take charge, setting you up for all sorts of fun stuff like muscular imbalances and injury. Even seemingly unconnected things, like a sprained ankle or a stubbed toe, can trigger your butt to hit the power-down button to help the healing process.

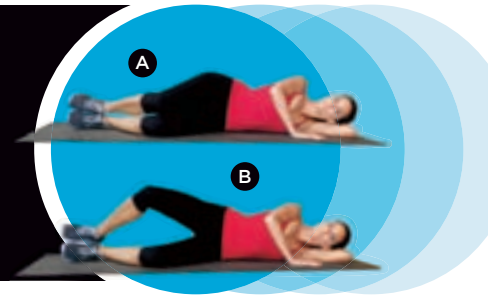
So how do we put some fire under this slacker's ass? Going beast mode and adding more explosive, heavy training (like barbell deadlifts) will definitely do the trick. But we realize that *might* be asking a lot up front if you're not already a weight-room regular. Follow our warm-up plan, tweak your strength-training routine, and just like that, you'll show those buns who's boss.

## Warm Your Buns

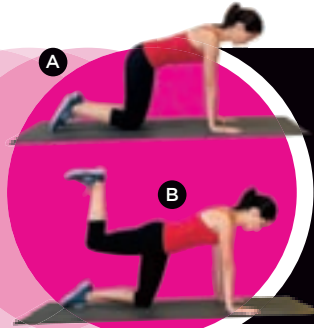
Testing, testing... Are your butt cheeks on? This pre-exercise routine from Contreras will energize your tuchus like a double shot of espresso. Perform three sets before any workout. (If you're pressed for time, aim for at least two sets of each move.)

### Side-Lying Clamshell

Lie on your left side with your hips and knees bent, legs stacked, and feet together (a). Keeping your left leg on the floor, raise your right knee as high as you can without separating your heels (b). Pause, then return to start. That's one rep. Do 10 to 15, then repeat on the other side.



A



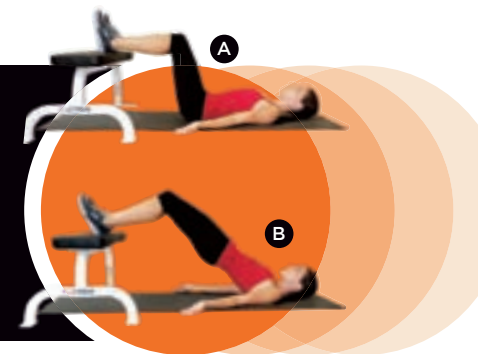
### Quadruped Hip Extension

Start on all fours, hands under your shoulders and knees under your hips, your back flat (a). Raise one leg behind you, keeping your knee bent at 90 degrees, until the sole of your foot faces the ceiling (b). Lower your leg to return to start. That's one rep. Do 10 to 15, then repeat on the other side.

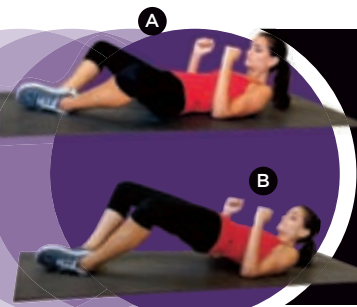
B

### Feet-Elevated Glute Bridge

Lie on your back with your knees bent at 90 degrees, heels propped on a bench or stool in front of you (at least 12 to 14 inches off the ground) (a). Lift your hips until you form a straight line from your knees to your shoulders (b). Hold for two seconds, then return to start. That's one rep; do 10 to 15.



A



### Frog Pumps

Lie on your back with your feet together and knees out, keeping your feet as close to your pelvis as possible, elbows bent and propped on the floor (a). With head lifted and chin slightly tucked, raise your hips, keeping your feet together (b). Hold for a second or two, then lower. That's one rep; do 10 to 15.



QUIT BUMMIN' IT! ALL YOUR BOTTOM NEEDS IS A LITTLE TLC. YOUR WHOLE BODY WILL THANK YA. (JUST GUESSING: SO WILL YOUR GUY.)

## ►► **Butt Wait... There's More!**

The harder your booty works, the better your body, inside and out. Four more reasons to fire up that fanny:



### SHAPELIER BEHIND

You can squat for days, but if your glutes aren't fully activated, that rear view ain't likely to change. To build a perkier seat, glutes need to be turned on—and challenged (put down the three-pounders!). "Your muscles should get bigger and stronger due to overload," says Panariello. It's like the difference between running and sprinting.



### LESS BACK PAIN

Your glutes help hold down the fort on rotating your hips and legs while supporting your pelvis during daily movements and exercise. When your glutes aren't firing properly, your lumbar spine (that's where it curves in slightly toward your abdomen) will take on more stress, says Panariello. The likely result: a wack lower back.



### EASED KNEES

Weak glutes can cause your knees to collapse inward when your foot hits the ground (e.g., while running), which may place pressure on your kneecaps. Doing so repeatedly can lead to runner's knee or IT band syndrome (pain throughout the tissue that covers your outer thigh from your hip to just below the knee), which can be a bitch to cure.



### STRAIGHTER POSTURE

A strong butt helps keep your hips—and whole body—in alignment, says strength coach Michael Boyle, cofounder of Mike Boyle Strength and Conditioning in Boston. Underactive glutes often create an imbalance with the front side of your body, leaving your hip flexors overactive and tight, which pulls your pelvis forward. This can lead to back pain and can also curve your spine, so you look like you have a gut. Nope, not having it. ■

## ►► **Tiny Tweaks, Stronger Glutes** ◀◀

Making a few simple adjustments to your strength-training routine can score you a better backside burn, ASAP.



### Focus, Focus

During a hip extension (lifting and lengthening your leg), consciously squeezing your glutes can increase their activation by about an extra 12 percent, suggests research in the *Journal of Athletic Training*.



### Drop It Low

Deep squats—where your hips dip below your knees—can almost double your glutes' contribution as you return to a standing position, according to a study in the *Journal of Strength and Conditioning Research*.



### Lean In

"If you tilt your torso forward to a 30- to 45-degree angle during a lunge, you'll feel a hotter burn in your glutes," says Contreras. The angle throws more stress onto your booty.



### Get a Leg Up

Compared with double-leg exercises (like deadlifts), single-limb versions (like one-leg squats) can activate your gluteus medius and gluteus maximus by an extra 33 percent and 21 percent, respectively, according to a study in *Physical Therapy in Sport*.

# ARE YOU A TOE TUCKER BECAUSE OF TOENAIL FUNGUS?

## STOP TUCKING. START TREATING.

Does embarrassing toenail fungus have you tucking your toes? It's time to untuck and apply prescription KERYDIN®—a new class of treatment that may kill toenail fungus at the site of infection, getting to the root of your toe tucking. KERYDIN® should be applied once daily for 48 weeks on affected toenails only. It may take a year or more to grow healthy toenails.

### Indication

KERYDIN® is a topical prescription medicine used to treat fungal infections of the toenails.

### Important Safety Information

KERYDIN® is for use on toenails only. Do not use KERYDIN® in your mouth, eyes, or vagina.

Tell your doctor about all of your medical conditions, including if you are pregnant or plan to become pregnant or are breastfeeding or plan to breastfeed. It is not known if KERYDIN® can harm your unborn baby or if KERYDIN® passes into your breast milk. It is not known if KERYDIN® is safe and effective in children.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Use KERYDIN® exactly as your healthcare provider tells you to use it. Avoid getting KERYDIN® on

skin that is not surrounding the treated toenail. KERYDIN® is flammable. Avoid heat and flame while applying KERYDIN® to your toenail.

KERYDIN® may cause irritation at the treated site. The most common side effects include: skin peeling, ingrown toenail, redness, itching, and swelling. Tell your doctor if you have any side effect that bothers you or does not go away.

*You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.*

**Please see Brief Summary of Full Prescribing Information on reverse side.**

Ask your  
doctor about  
**KERYDIN®**  
today and visit  
[ToeTucker.com](http://ToeTucker.com)



KERYDIN® is a trademark of Anacor Pharmaceuticals, Inc.  
©2015 Fougera Pharmaceuticals Inc. All rights reserved.  
8/15 98FCB360615

  
**Kerydin™**  
(TAVABOROLE)  
TOPICAL SOLUTION, 5%

For more information, visit [TOETUCKER.COM](http://TOETUCKER.COM)