

# FOR A HOT BRAZILIAN BUTTI!

Have you ever wondered how to make your butt look smaller and firmer, just like the ones Brazilian women are famous for?



**BY COMBINING THE** following workout program with a clean diet and a balanced lifestyle, you can achieve the booty you always dreamed of.

This workout is designed for the gym; however, the iPad version also contains exercises you can do in the park or at home, for those pesky times when you aren't near to the gym.

This brilliant workout will lift your butt and, most importantly, your confidence so you can feel truly amazing!

## GYM-BASED PROGRAM USING:

- + Swissball
- + Steps
- + Medicine ball
- + BOSU® balance trainer
- + Cable machine
- + Leg press machine.

**Time required:** 45 to 60 minutes

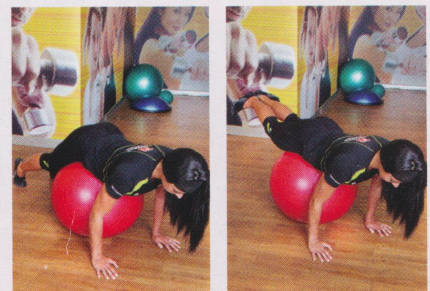
## WARM UP: SWISSBALL HIP EXTENSIONS WITH HEELS TOUCHING

**Duration:** 1 to 2 sets of three minutes with 20 seconds rest between

**Description:** Lie face down with the Swissball under your hips. Your butt should sit around the centre of the ball and you need to be able to maintain neutral spine at all times, so choose a ball size that enables you to do so. Elevate both legs together in the air until your body is horizontal to the floor. To activate the inner thighs a bit more, point your toes out and both heels should be touching. Squeeze your glutes as hard as you can and hold that position for around 10 seconds. Relax to the start position and quickly bring legs up again repeating

the movement for the entire set. Your upper body should hardly move. Arms and shoulders, together with your core, will stabilise your body, helping you achieve the balance needed to perform this exercise.

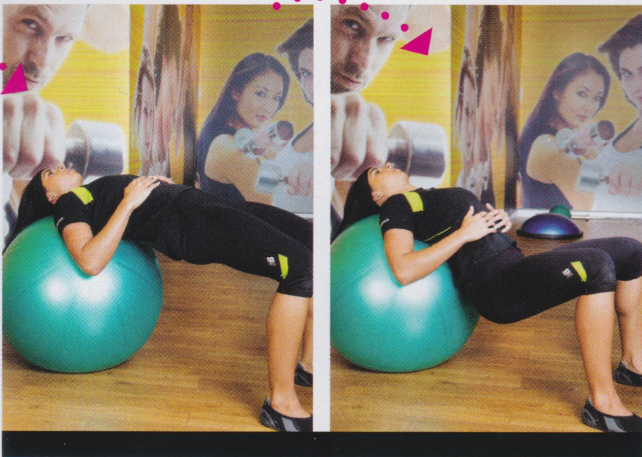
**NOTE:** The size of the Swissball should enable you to maintain a neutral spine throughout the entire movement.



## EXERCISE 1. SUPINE SWISSBALL HIPEXTENSIONS

**Duration:** 3 sets of 1 minute each with 20 seconds rest between sets.

**Description:** Lie in a supine position with your head on the Swissball and knees flexed at around 90 degrees. Bring the hips up as high as possible, without overarching lower back. Contract your glutes really hard. Keep repeating this, making sure your glutes are doing the work and not your lower back. For a harder version you can place a barbell on your hip to increase the challenge.



## EXERCISE 3. BOSU® STEP DOWNS

**Duration:** 3 sets of 1 minute (each leg) with 20 seconds rest between sets.

**Description:** Step up onto the BOSU® Balance Trainer and lift the other leg up to create the starting position. Bend the knee of the leg that you are standing on the BOSU® with, so the leg that was in the air can reach the floor. Come back up to the starting position by pushing through the heels of the leg that is standing on the BOSU® and by contracting the glutes as much as you can. Maintain neutral spine alignment and on each repetition bring the hips into neutral position.



## EXERCISE 2. BACKWARD LUNGES WITH MEDICINE BALL THROW

**Duration:** 3 sets of 1 minute (on each leg) with 20 seconds rest between sets.

**Description:** Holding a medicine ball, stand with your feet shoulder-width apart. Step backwards with one leg, onto your toes and as far as you can (typically this will be around 1m, but it will depend on how tall you are). Find a balance point where you can feel your body weight distributed evenly in the centre. This is crucial as it will be the starting point of this movement. Lower to the floor as deep down as you can go, or as close as your back knee can get to the floor without touching it. Hold onto this position, making sure your front foot stays firmly on the ground. On the same side as the front leg, toss and catch the medicine ball in the air. Repeat the throw on the other side. Note: you should not move from the lunge position when performing the throws. You should only come back to the starting point after the two medicine ball throws are done. That will make the exercise much harder. If you are managing to maintain perfect technique you will definitely feel the glutes aching the next day! Repeat the lunges and medicine ball throws for the set and then swap and repeat on the other leg.



#### EXERCISE 4. GLUTEALS ON CABLES

**Duration:** 3 sets of 1 minute (each leg) with 20 seconds rest between sets.

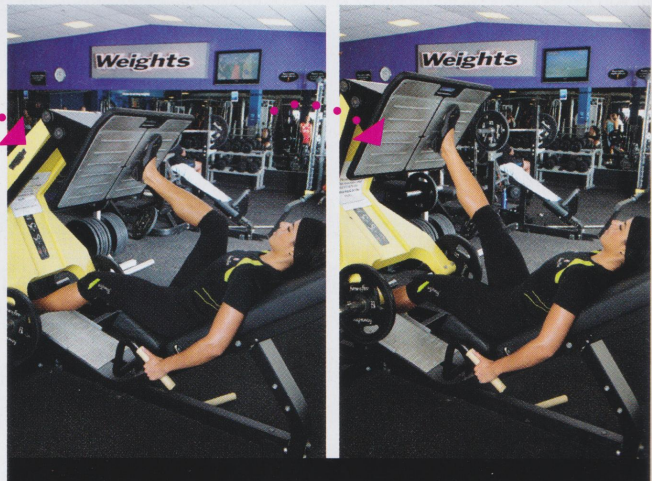
**Description:** Set the cable machine to low (close to the floor) and attach the cable to one ankle. Facing the machine, lift the attached leg up to knee height. From that point straighten the leg backwards as high as you can, avoiding back movement as this will switch the core ON (you may allow yourself to lean slightly forward as you 'kick' backwards). Control all the way back to the starting position, then repeat. Once the set is finished, swap legs.



#### EXERCISE 6. SINGLE LEG PRESSES

**Duration:** 3 sets of 1 minute (each leg) with 20 seconds rest between sets.

**Description:** Adjust the leg press machine so you'll have resistance when your knee is at 90 degrees. Place one foot on the machine's platform and hold the other leg out straight and in the air (alternatively, you can place the toes of the 'unused' leg on the bottom of the platform, but if you do then be sure to avoid using that leg to help you during the movement). Make sure the entire foot is on the platform and not just the toes, as this will ensure maximal gluteal activation. When your knee is at 90 degrees push the platform, using your hips and glutes. Repeat for the set and then swap legs.



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#### EXERCISE 5. SPLIT SQUATS WITH SIDE LUNGES

**Duration:** 3 sets of 1 minute with 20 seconds rest between.

**Description:** Set up a step bench, using one or two blocks for height. Stand 1m behind the bench with feet shoulder-width apart. Step forward with one leg, placing the entire foot on the bench, leaving the back foot on the toes. Shift your body weight forwards and lower your body in a lunge-type motion. Be sure to keep that front heel on the platform at all times. Return to the start position by pushing onto the bench through the heels. Follow this with a side lunge: Standing behind your step bench, step as far as you can to one side, keeping both feet almost parallel (toes may point slightly out). Bend one knee so that your body weight shifts to the same side. Bring yourself up again by pushing down to the floor through the heel. Repeat both moves on the other leg and continue swapping. For a harder version you can introduce some dumbbells and combine the lunges with bicep curls or shoulder presses.

