

# redhot fashion/fitness

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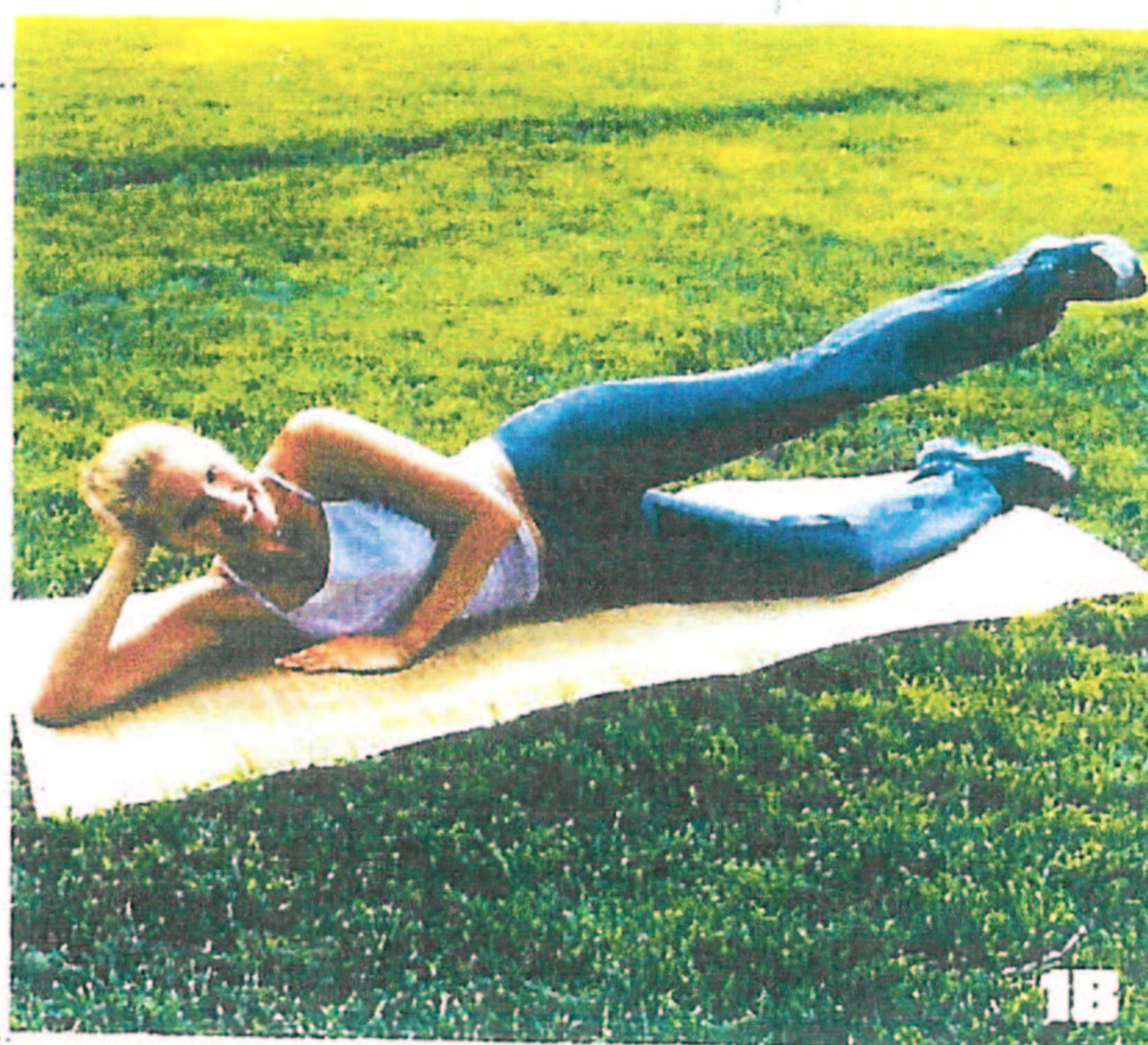
## Six super-speedy moves to shape up your bottom line.

Whether it's droopy, saggy, or just plain big, you *can* reshape your butt. "Of course, you have to work with what you were born with, but within your genetic framework there's lots you can do to reshape your buttocks," says Steve Zim, the author of *Hot Point Fitness*, who designed this routine.

Here's your great-glute game plan: First, blast excess body fat with cardio sessions (three to four times a week, 30 to 45 minutes a workout). Two better-bottom aerobic moves: walking on the treadmill at an incline, and hiking up hills. Then do the following routine three to four times a week to target, tighten, and tone buttocks.



Trainer Steve Zim promises, "These moves will reshape your rear."



### Curve clincher

**1A** Lie on your right side as shown, with your left leg bent in front of you. Keep your left ankle, knee, and hip on the same level.

**1B** Pushing with your flexed foot, straighten your leg and raise it so it's at a slight diagonal, to work the area where your thigh and your bottom meet. Do 20 times; switch sides and repeat.

### Rear-fat blaster

This walking lunge is a combo weight-bearing-and-cardio move.

**2A** From a standing position, step forward on your right foot, bending your knee so your leg forms a 90-degree angle (your left heel will lift up, but don't let your left knee touch the ground). Keep your torso upright and your abs tight.

**2B** Pressing through your right heel, straighten both legs and bring both feet back to standing position. Then step forward on your left foot. Do 20 times with each leg. Rest and repeat.



