

## STRAIGHT TO THE CORE (Give your bum a lift)

9/15/2010



**"You can't hit a target you cannot see, and you cannot see a target you do not have." -Zig Ziglar**

### BOOTY BUILDING SECRETS

Seems like everyone has been asking how to shape up their behind lately, so we've decided to let you in on a few of our closely-guarded booty-building secrets.

Most of our clients have one of the following things to say about their bum: 1) Help! My bum is too big; 2) Help! My bum is too saggy; or 3) Help! My bum is too flat.

Now let's tackle each of these challenges with solutions that will give you the best booty ever!

#### **I. Help! My bum is too big.**

If you are suffering from an over sized behind then do the following 3 fat-blasting workouts to reduce, tighten and shape your bum.

##### **Fat-Blaster #1: Run**

Running is a great way to burn off extra body fat while developing strong glutes. Follow these 4 tips to target your glutes while running:

1. To target your glutes focus on extending your hips and keeping your chest lifted.
2. Roll all the way forward onto your toes with each step, in order to engage more of your glutes.
3. Run up hills, stairs, or on the treadmill at an incline.
4. Run on a sandy beach or gravel path – the uneven surface forces you to work harder to stabilize your lower body.

##### **Fat-Blaster #2: Elliptical**

The elliptical works well for streamlining your behind – but only when used properly. Follow these 4 tips to get the most from your elliptical workout:

1. Posture matters. Don't drape your upper body over

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the front of the elliptical machine – this will bring the focus to your quads and lower back instead of your glutes. Instead keep your back straight and posture good.

2. Put the incline of your machine higher than seven percent. This will ensure that the emphasis is on your glutes instead of your quads.
3. Push down with your heels with each stride. Also sink down into a squat for 30 second intervals while striding.
4. Let go of the handles. This will force your core to stabilize you.

### Fat-Blaster #3: Swim

Swimming laps is a sure way to burn tons of calories. Follow these 4 tips to get the most from your time in the pool:

1. Start each lap with an explosive push from the wall. Place the soles of your feet flat against the side of the pool, bend your knees and explode forward with your legs.
2. Use flippers. Sounds silly, but try a few laps with a kickboard and flippers and you'll quickly feel the intense emphasis on your glutes.
3. Vary your kick. Go from flutter to froggy kicks to target all of your glutes.
4. Try some in-water squat jumps: stand in chest-level water with feet shoulder width apart, toes turned out. Bend your knees and lower your hips down then explode upward, pushing through your heels.

## II. Help! My bum is too saggy.

The solution to a saggy bottom is to target your glutes. Try the following 3 bum-lifting exercises at home – these require no equipment.

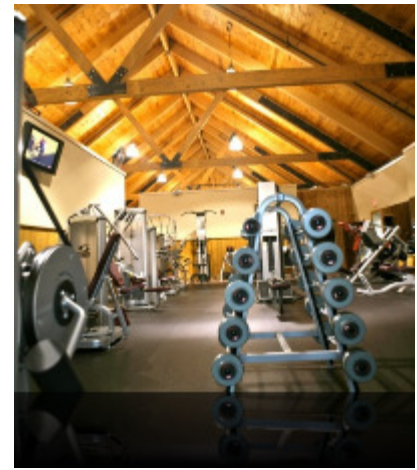
### Bum-Lifting Exercise #1: Hyperextension with leg curl

Lie facedown on the floor with your arms extended above your head and knees together. Bend your knees and curl your heels toward your glutes, contracting your glutes. Lower your feet back toward the floor, raise your chest and shoulders up and hold for one count before returning to the start position. Do 15 repetitions.

### Bum-Lifting Exercise #2: Plank pull

Get into a plank position with hands directly under your shoulders and feet spaced shoulder width apart. Contract your core, lift your left leg with flexed foot, then raise your heel up in a quick motion for 15 reps. Keep your core contracted throughout the exercise and back flat. Repeat with right leg.

### Bum-Lifting Exercise #3: Side-lying bicycle

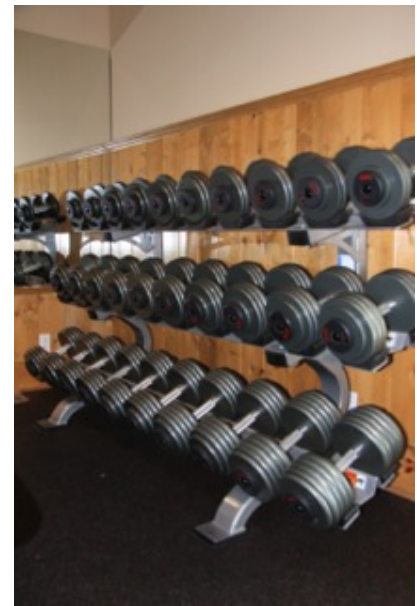


### The Better Booty Diet

Want to boost your booty results? Then get a handle on your diet.

Oversized portions add extra calories to your diet, resulting in a bigger booty than you bargained for.

To cut your bum down to size, simply eat wholesome unprocessed foods in controlled portions.



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Lie on your right side with your elbow directly under your shoulder and legs stacked on top of each other. Bend your right knee back slightly. Lift your left leg about 6 inches into the air, then draw it forward to a 90 degree angle, keeping your foot flexed. Swing your leg back, pointing your toe and extending your lower back. Do 15 repetitions and then repeat with right leg.

### III. Help! My bum is too flat.

In order to build a shapely behind you'll need to head to the gym. The following 3 booty-building exercises will give your bum a serious shape-changing workout.

#### Booty-Building Exercise #1: Dumbbell Squat

Place your feet wider than shoulder width apart, and turn toes out. Hold a dumbbell in each hand at your sides. Inhale as you squat down, keeping your back straight and tummy pulled in. Exhale as you press up through your heels and return to a standing position. Do 15 repetitions.

#### Booty-Building Exercise #2: Dumbbell Lunge

Stand with feet together and a dumbbell in each hand at your sides. Inhale as you lunge forward, keeping your lunging knee directly over your ankle. Exhale as you push off with your lunging heel, and return to the starting position. Do 15 repetitions and repeat on the other leg.

#### Booty-Building Exercise #3: Straight-legged Deadlift

Stand with feet shoulder width apart, a dumbbell in each hand with palms facing your thighs. Inhale as you bend forward at the hips, keeping your back flat. Lower the dumbbells down until you feel a pull in your hamstrings. Keep the dumbbells close to your legs as you exhale and straighten your legs, focusing on contracting your glutes. Do 15 repetitions.

Want to get your best booty as quickly as possible? Call or email now to get started on a unique fitness program that will get you on the fast track to your best booty ever.

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### White Bean Hummus



Use this white bean hummus instead of creamy dressings or cheese in your sandwich. The hummus is filled with protein and fiber – both important for building your best booty.

Servings: 8

#### Here's what you need:

- 2 cans white beans, drained and rinsed
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1/4 cup whole wheat bread crumbs
- 1 Tablespoon Dijon mustard
- Juice of 1 lemon
- 1 teaspoon olive oil
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- dash of salt

1. Throw everything into the food processor and blend until smooth and creamy.
2. Spread onto bread or use as a dip for cut veggies.

**Nutritional Analysis:** One serving equals: 124 calories, 1.6g fat, 20g carbohydrate, 5.5g fiber, and 7g protein.

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