Don’t write yoga off as easy—the first time she ever tried it, even super-fit model Nicole Wilkins was shocked at how intense it can be!

Maximus results in minimus time.
Only six moves! Our exclusive yoga-inspired routine.

Get a Yoga Butt

Higher, tighter, stronger, firmer—
When it comes to glutes, that’s exactly what you want. Problem is, who has the time to spend to get a rock-hard rear end? Luckily, that’s where yoga comes to the rescue!

Just say “OM”
This exclusive at-home, no-equipment workout focuses on blending and shaping your backside with fun yoga-inspired moves. “Yoga is perfect for strengthening and sculpting the glutes,” explains certified yoga instructor Angie Knight, owner of Yoga Knights in Orange County, California. “Longs, standing poses and balance poses, in particular, work like magic because you’re”
ACTIVE CAT

TARGET MUSCLES: glutes, abdominals

SET UP: Start on all fours with your hands directly under your shoulders and your knees close together.

ACTION: As you inhale, lift your chest and extend your right leg behind you, reaching your foot up toward the ceiling [A]. As you exhale, round your spine and draw your right knee in toward your chest, trying to touch your knee to your forehead [B]. Perform 12 to 15 reps, then switch sides.

FLOWING WARRIOR 3

TARGET MUSCLES: glutes, hamstrings, abdominals

SET UP: Stand on your left leg and bend your right knee, bringing it as high as your hip. Extend your arms overhead [A].

ACTION: Extend your right leg behind you and hinge your torso forward until parallel to the floor, bringing your arms alongside your hips, palms facing up [B]. Slowly return to the start to complete the move. Repeat for eight to 10 reps before switching sides.

FEARLESS TWIST

TARGET MUSCLES: glutes, hamstrings, quads, abdominals

SET UP: This is a literal twist on a one-legged squat. Stand on your right foot and bend your left knee to bring your foot behind you.

ACTION: Twist to the right side, bending your knee deeply, trying to touch the floor outside your right foot with your left hand. Continue to balance on your right foot and repeat the movement for eight to 10 reps. When you are through, switch sides.

TIP: Make your range of motion as large as possible.

TIP: Avoid straining your neck by looking at the floor as you lower.

TIP: Touching your shin is an easier option.

YOGA-BUTT TIP: Rest your opposite hand on the edge of a chair for support until your balance improves.
Steps to a Yoga Butt

PERFORM the exercises in the order listed without any rest in between. You'll warm up your body as you progress through more demanding moves, ending with a combination of strength- and stretch exercise that doubles as a cool-down.

CREATINE slowly and deeply throughout the routine. Inhale to gather energy and exhale as you execute the move.

FOCUS on the muscles doing the work and avoid using momentum to move through the sequence.

REPEAT the circuit up to three times, depending on your level of fitness. Beginners, start with one circuit the first time you do this routine, adding additional circuits over the next several workouts as you get stronger and improve your balance.

FLOWING WARRIOR I

TARGET MUSCLES: glutes, quads, hamstrings, shoulders

SET UP: From a standing position, step your right foot forward and lower into a deep lunge, with your right knee directly over your ankle. As you inhale, raise your arms overhead [A].

ACTION: As you exhale, straighten your front knee and move your arms to your sides, keeping your back heel lifted [B]. Continue for 12 reps, then switch to your left leg.

YOGA-BUTT TIP: Try a few reps with your eyes closed to really test your balance!

ONE-OF-A-KIND EXERCISES

While this butt-busting routine is not exactly easy, it is efficient and effective. In fact, you can do this entire routine in about 20 minutes. For best results, do these moves three times a week with a day of rest in between. You'll experience the welcome sensation of well-worked muscles after the first workout, and you'll see a higher, tighter derrière after just two weeks. Shopping for new yoga pants just got better!
**DOWNWARD DOG LEG LIFT**

**TARGET MUSCLES:**
glutes, hamstrings

**SET UP:** From an all fours position, with your arms shoulder-width apart, lift your knees and come into a downward dog position. Your hips should be pointing toward the ceiling [A].

**ACTION:** Extend your right leg, raising it as high as you can using your glutes to lift from the back of your thigh [B], hold, then lower with control. Repeat for 12 to 15 reps. Then switch legs.

**TIP:** Beginners can lift their heels from the mat.

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**ONE-LEGGED BRIDGE WITH HIP LIFT**

**TARGET MUSCLES:**
glutes, hamstrings, quads

**SET UP:** Start on your back with your left knee bent, foot flat on the floor and your right ankle resting on your left thigh.

**ACTION:** Keeping your arms extended along your sides, raise your hips off the floor as high as you can. Slowly lower to the floor, then repeat for 10 to 12 reps before switching sides.

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**WHAT'S IN A MAT?**
PURCHASE A MAT THAT WON'T SLIDE ON SMOOTH SURFACES AND HAS NOT TOO MUCH — AND NOT TOO LITTLE — CUSHIONING.