



Walking Workout: A Firmer Butt in 30 Minutes, *By Elena Rover*

Use these lower-body toning moves during your regular walking workout to sculpt and lift your butt and thighs and burn more calories on your walk. Tone Your Rear While You Walk. Surprise: Your average walk is not a workout for your derriere. "Walking on level terrain does not require you to fully contract the gluteal muscles, so it doesn't do much for toning them," says Wayne Westcott, PhD, fitness research director at the South Shore YMCA in Quincy, Massachusetts. That's because the work is mostly in your quads and hamstrings.

The Routine

"For the best butt toning on two feet," says walking pro Tina Vindum, walk for 5 minutes, do one of the super effective shapers listed below, then repeat until you've done all four exercises. (If your route has hills, tackle these moves every time the path hits an incline -- or a set of stairs -- for maximum butt-blasting benefits.)

Skater Stride

Targets: Quads, butt, hips, obliques, back, and triceps

- While walking, take a large step diagonally forward to the right with right foot, toes pointing forward (not to right). Sink into a lunge, bending both knees 90 degrees, as you bring left elbow toward right knee and swing right arm straight back. (Beginners, do a dip rather than a lunge.)
- Press off left big toe to bring left leg forward, brushing it past right leg, then swinging it forward out to the left diagonal (like a speed skater) to plant left foot, toes forward.
- Do 25 steps to each side, alternating legs.

Sumo Squat and Lift

Targets: Quads, inner and outer thighs, butt, hips, back, shoulders, and biceps

- While walking, turn so that your right side is facing "forward" (or uphill), fists near hips. Lift right foot, flexed, to take a large side step to right.
- Lower into a wide squat as you lift both hands up in a wide V.
- Rising up on right leg, lower arms as you lift left leg to side, foot flexed.
- Step left foot next to right.
- Do 12 reps; repeat with left side facing front.

Power Lunge with Leg Lift

Targets: Quads, hamstrings, butt, hips, arms, and abs

- Walking, lunge forward with left leg, both knees bent 90 degrees (beginners, 45 degrees).
- With hands in fists and elbows bent at 90 degrees, bring right fist toward nose, left behind you.
- Shift weight onto left leg, straightening it; lower arms and lift right leg out and back on a diagonal as high as you can.
- Bring right leg forward into a lunge; repeat on that side.
- Do 25 reps per leg, alternating sides.

High-Knee Cross

Targets: Quads, calves, hips, butt, and abs

- While walking, tighten abs and lift bent left knee as high as you can directly in front of you, coming up on right toes. Simultaneously bend right elbow 90 degrees, bringing it across body toward left knee. (Swing left elbow back to counterbalance.)
- Hold for 1 count, then lower left foot to step forward. Repeat with right leg.
- Do 25 reps per leg, alternating sides.

Originally published in FITNESS magazine, April 2009.

www.commonhealth.virginia.gov

The contents of the CommonHealth weekly emails may be reprinted from an outside resource in the area of health, safety, and wellness and is intended to provide one or more views on a topic. These views do not necessarily represent the views of the Commonwealth of Virginia, CommonHealth, or any particular agency and are offered for educational purposes. If you have questions or concerns about this article, please email us at wellness@dhrm.virginia.gov