



7 Perfect Exercise You Should Try To Get Your Butt Tone

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EXERCISE

In case you get bored with the same workout, have limited equipment, there are many exercises that you can do to change things up. Butt is your body's largest and most powerful muscle group. It is the attractive part of a body. Toning exercises not only helps the butt but are also useful for your hamstrings and quads.

Here are the exercises to tone your Butt:-

Add 2-3 moves into your leg workouts, or complete the entire circuit to really target your butt. Perform each exercise for 15-20 repetitions, and 3-4 sets.

Squats

Stand with your hands and arms straight in front of you, keeping your back straight.

Slowly squat in the pose as you sit in a chair.

Stop when your thighs are level with the surface, and your knees are fixed at a 90-degree angle.

Do this 5 to 6 times.



Back Lunges

In back lunges, you have to step backwards.

You have to do this exercise very slowly when compared to front lunges exercise.



Plie Squats

A compound exercise for your lower body that works your glutes along with your quads, thighs, and hamstrings! To make it harder, hold a dumbbell or kettlebell with both hands in the center of your body.

Stand with feet wide apart, toes pointing outward, hands resting on your hips.

Push your hips back as you lower your body, till the thighs are parallel to the floor. Ensure that your knees do not go beyond your toes. Hold and go back to the starting position. Do 10-12 reps. You can rest your hands on your thighs for greater balance.



Scissor Kicks

Lie straight on the mat, hold up one elbow.

Lift your leg slowly and keep both the legs straight.

Hold it in this position for 15 seconds, and then lower your leg. Repeat 15 times with each leg.



Hip Lift Progression

This is a wonderful exercise for the glutes, lower back, and legs. If it seems too hard, you can do it originally without raising the legs.

Lie on a mat with your knees bent and feet flat on the floor, arms by your side.

Contracting your glutes, lift your hips towards the ceiling, keeping the feet flat on the ground throughout.

While lifted, lift one foot off the ground and extend the leg straight, keeping both the thighs parallel.

Lower the extended leg and then lower the hips slowly to the floor. This is one rep. Repeat with the other leg. Do eight reps on either side.



Deadlifts

Follow the steps for deadlifts

In deadlifts, hold the dumbbells in front of your thighs.

Keep your knees straight, as you push your hips back and bend forward from the abdomen, lowering the dumbbells to your feet.

Once your back is parallel to the floor, straighten back up to complete the rep.

It is beneficial to tighten your hip muscles.



Step Ups

Facing the chair, about six to twelve inches away from it, place your Right foot entirely on the chair.

Pressing through the Right heel, step onto the chair, straightening the leg. Focus on using the glutes and engaging the hamstrings. Lower the Left foot back to the floor, while keeping the Right foot on the chair.

Repeat all repetitions with the Right leg, and then switch sides.



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About Author:

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Dr.Kajal who is the Senior Physiotherapist at The PhysioStudio. She got specialized in a variety of fields of sports and fitness and conduct and participate in various events as the Physio Partner, including The World T20 Cricket Tournament for the blind 2017. She has a special interest in orthopedics, Sports, and Fitness exercises. This was not just a reason to choose Physiotherapist as her career but one of her childhood events also molded her into a true believer of Physiotherapist.