



**VARIATION**  
**At the gym:** Use the Hyperextension machine, the most effective machine to exercise your butt. **At home:** Use two-and-a-half-pound ankle weights to increase tension and make these exercises tougher.

## SQUATS

- **READY** Stand straight with your hands on your hips.
- **GO** Slowly squat until your thighs are parallel to the floor. Then, slowly stand up and thrust your hips forward, squeezing the gluteus muscles together.
- **REPEAT** Do 15 squats. Walk around for a minute and do two more sets.

## MYTH ALERT

**Exercise will make your butt bigger!**

**TRUTH:** The gluteus is the largest set of muscles in the female body and thrives on a lot of work. These exercises will shape, tighten and lift your butt, but won't make it bigger.

## DOCTOR'S ORDERS

### The doctor: Dr. Michael L. Kreidstein

If you're looking to make your bootie bigger, exercises can be effective, says Dr. Kreidstein, a Toronto-based cosmetic surgeon, "but it can be a waste of time if there's excess skin and fat covering the gluteus muscles."

**OPTION 1:** Butt lift (cost: \$5,000 to \$10,000). A two- to four-hour operation, a buttock lift removes and repositions sagging skin and fat to create a better appearance. "This procedure is usually for a woman who has either had liposuction in the area or lost a lot of weight. The effect is permanent and very dramatic," he adds, but you will have a scar.

**OPTION 2:** Liposculpture (cost: \$5,000). First, excess fat is removed by liposuction from another area of the body and then injected into the gluteus muscle. This procedure is for those who genetically have a flat rear and want it rounder. This procedure takes about two hours.

**OPTION 3:** Butt implants (cost: \$5,000 to \$10,000). Dr. Kreidstein says implants can make a butt rounder, but "sitting on these implants creates all kinds of problems." The surgery takes about an hour to perform.

"If you've already had butt augmentation, don't forget to exercise," he adds. "Exercise and body contour surgery are a perfect team. Body contour surgery can remove excess skin and fat, allowing the muscle development from your exercise program to become visible." 