

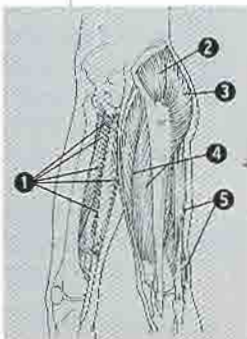
# strong legs and a toned TUSH

doitright

## A great move to sculpt your butt and thighs

**THE MOVE** Side lunge

**THE PAYOFF** Your legs and butt will be more shapely and toned, and you'll achieve a more injury-proof, posture-perfect torso, since your back and abdominal muscles work to keep you centered.



### THE RIGHT WAY

- Holding dumbbells by sides, stand with feet slightly apart, legs straight but not locked and toes pointing ahead.
- Keeping right leg straight and right toes forward, step sideways with left foot, left toes pointed at 45 degrees, bending left knee until it's in line with ankle and directly above second toe.
- Keep torso centered as you lunge. You should feel a slight stretch in your inner thighs, but don't go so far that you can't maintain an erect torso.
- Push back off left heel, straightening legs to starting position.
- Repeat for all reps; switch sides.

### MUSCLES WORKED

1. adductors: brevis, longus, magnus, pectineus, gracilis
2. gluteus medius
3. gluteus maximus
4. quadriceps (rectus femoris and vasti muscles: lateralis, medialis and intermedius)
5. hamstrings (biceps femoris, semitendinosus, semimembranosus)

### WORKOUT SCHEDULE

Include this move in a regular strength program 2 or 3 times a week. Starting with 5- to 12-pound dumbbells, do 2 or 3 sets of 8-15 reps, resting 45-60 seconds between sets. For a greater challenge, alternate sides on each lunge.

### EXPERT ADVICE

"Use your abs, lift your breastbone and drop your shoulders, rather than just sidestepping into position," advises Leigh Crews, NASM, Cooper Institute-certified trainer and owner of Dynalife Fitness Inc. in Rome, Ga. "You'll gain more control of the movement and work your leg muscles more effectively."

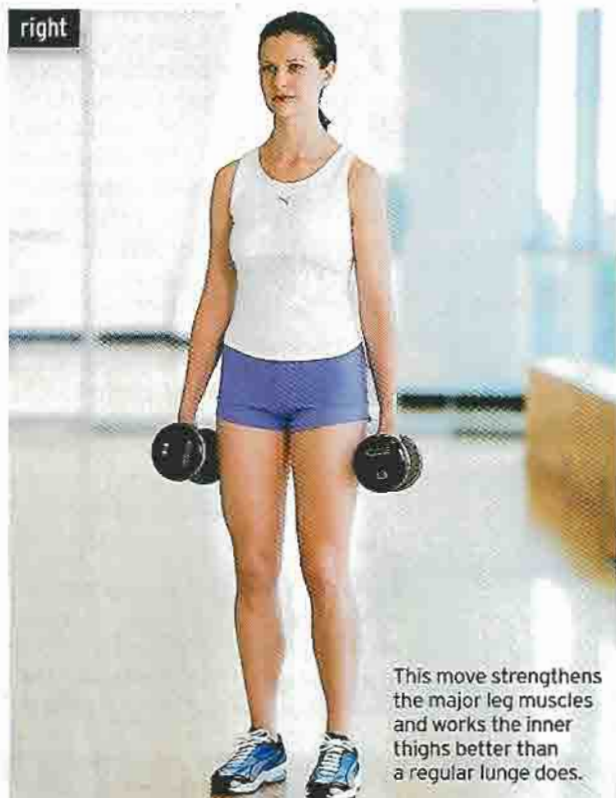
### MISTAKES TO AVOID

- **Don't** angle your torso forward as you lunge; this can cause your lower back to arch and your upper back to round, stressing your lower back and causing you to lose core stability.
- **Don't** let your torso lean sideways into the lunge; you'll put excess pressure on the lunging knee.
- **Don't** let your lunging knee go past your toes or rotate inward; this can place extreme stress on the knee ligaments and tendons.

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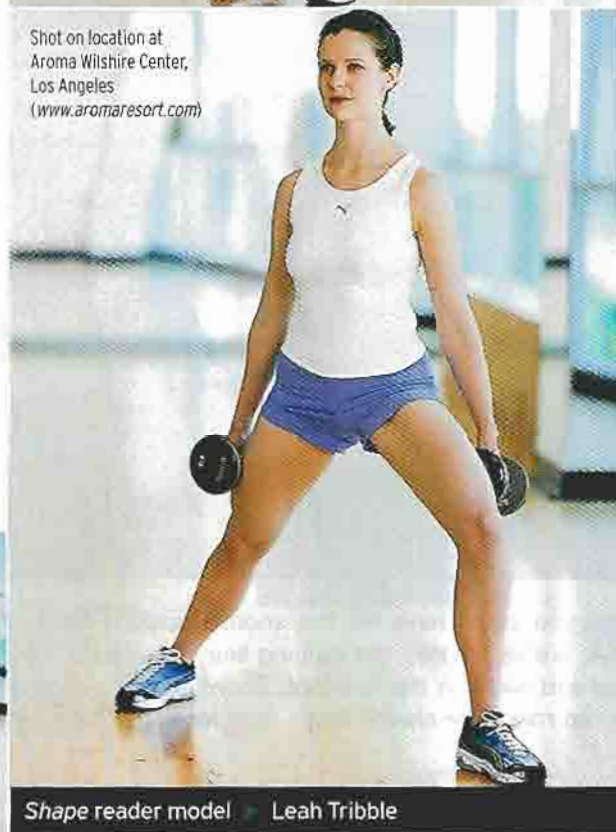


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This move strengthens the major leg muscles and works the inner thighs better than a regular lunge does.

Shot on location at  
Aroma Wilshire Center,  
Los Angeles  
([www.aromaresort.com](http://www.aromaresort.com))



Shape reader model Leah Tribble