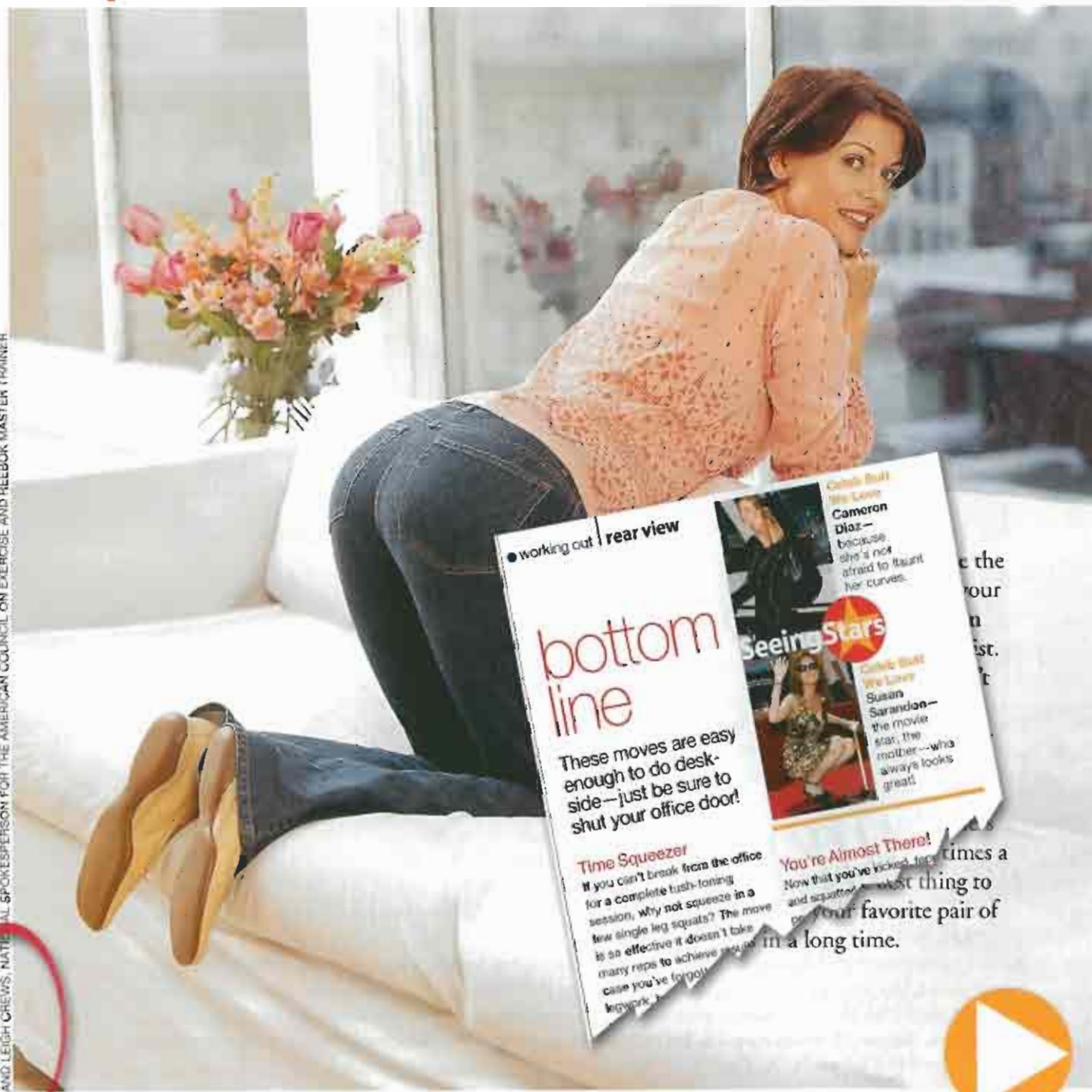


bottoms up

Way up—here's the workout you need to get your derriere there.

PHOTOGRAPHY: PETER LUKAS. SOURCES: COURTNEY BARRIROLL, SENIOR EXERCISE INSTRUCTOR AT EQUINOX FITNESS CLUBS IN NEW YORK CITY, AND LEIGH CREWS, NATIONAL SPOKESPERSON FOR THE AMERICAN COUNCIL ON EXERCISE AND REEBOK MASTER TRAINER



● working out | rear view

bottom line

These moves are easy enough to do desk-side—just be sure to shut your office door!

Time Squeezer

If you can't break from the office for a complete tush-toning session, why not squeeze in a few single leg squats? The move is so effective it doesn't take many reps to achieve results, especially if you've forgotten to work your tush.

Seeing Stars

Celine Dion
We Love
Cameron Diaz—because she's not afraid to flaunt her curves.

Celine Dion
We Love
Susan Sarandon—the movie star, the mother—who always looks great!

You're Almost There!

Now that you've kicked your butt, it's time to put your favorite pair of jeans on in a long time.

