

EAT SMART BE FIT LIVE WELL

Cooking Light

MARCH 2004



pasta with bacon & cheese
and 8 other homey baked dishes page 138

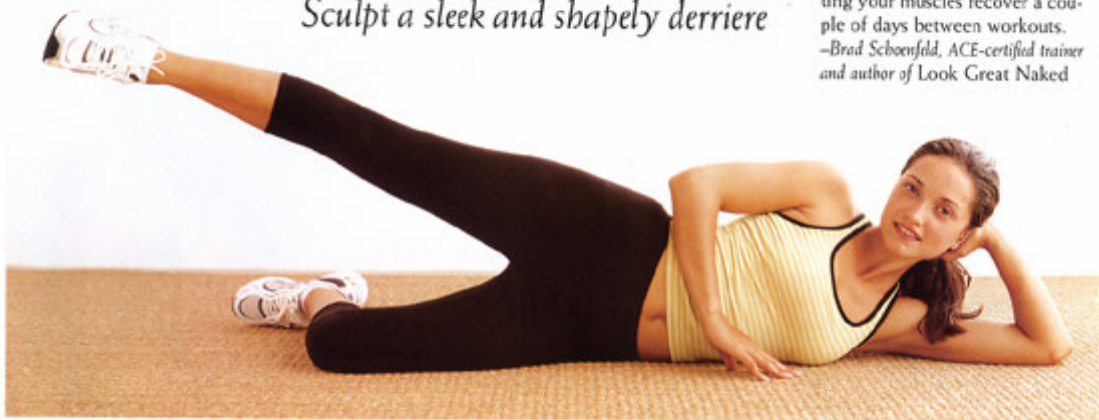
Simple fish suppers | New Orleans-style brunch
Chicken and rice tonight

CookingLight.com
MQL Keyword: Cooking Light



maximum glutes

Sculpt a sleek and shapely derriere



To achieve a well-rounded backside, you need to work all of its muscles—gluteus maximus, medius, and minimus. Do these moves 2 to 3 days per week, letting your muscles recover a couple of days between workouts. —Brad Schoenfeld, ACE-certified trainer and author of *Look Great Naked*

Dumbbell Good Mornings ▼

Works gluteus maximus. Standing with feet shoulder-width apart, hold a 2- to 10-pound dumbbell in each hand, resting each on a shoulder. Keeping hips steady and back slightly arched, slowly hinge forward at the waist until your upper body is roughly parallel with the floor. Slowly reverse, contracting your buttock muscles throughout the move.



Do
3 sets of
8 to 20 repetitions
for each (8 if you seek
strength; 20 for
endurance).

Lying Abductions ▲

Works gluteus medius and minimus. Lie down in a straight line on left side, with head leaning on left hand, and right hand on floor in front. Bend left leg 90 degrees at the knee, stacking thighs. Keeping right leg straight, slowly raise it as high as possible. Contract buttocks, and slowly return to start. Do a set, then switch sides. Add ankle weights for more intensity.



Floor Kicks ▼

Works gluteus maximus. Get down on all fours, then lift right leg and bend knee at a 90-degree angle, so sole of foot is parallel with ceiling. From that position, slowly raise bent leg toward ceiling as far as comfortably possible without moving torso, then slowly lower. Contract buttocks throughout the move. You may be able to lift a few inches, or much more. Complete a set, then repeat with left leg. For more intensity, add ankle weights.

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