

3 Great Exercises to Help You Get the Perfect Behind

It's impossible to imagine a having a beautiful figure overall without the presence of a beautiful behind. The good news is that you don't need to go to the gym all the time to achieve this – you can manage it just as easily by doing a workout at home, provided it's the right one.

All you need for this however is a pair of dumb-bells (or heavy books), a yoga mat, and a strong enough desire for self-improvement.

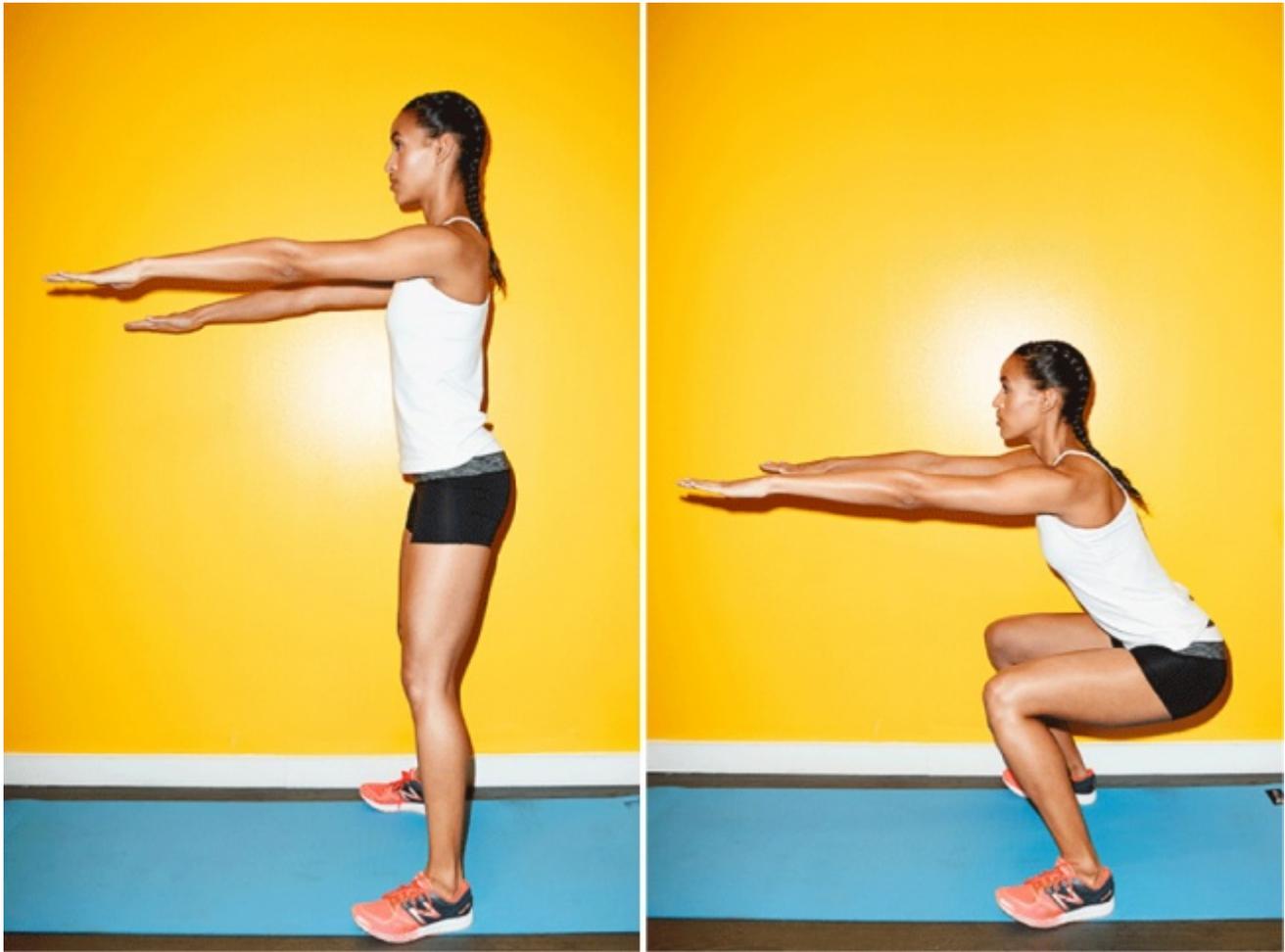
This particular exercise scheme to get the perfect behind was developed by fitness trainer Angela Lee, who suggests that you should maintain it for thirty days.

Timetable:

01 10 Basic	02 10 Basic	03 15 Basic	04 Rest	05 20 Basic	06 20 Basic	07 Rest
08 25 Basic	09 30 Basic	10 10 Dumb-bells	11 Rest	12 10 Dumb-bells	13 15 Dumb-bells	14 Rest
15 20 Dumb-bells	16 20 Dumb-bells	17 25 Dumb-bells	18 Rest	19 30 Dumb-bells	20 10 Complex	21 Rest
22 10 Complex	23 15 Complex	24 20 Complex	25 Rest	26 20 Complex	27 25 Complex	28 Rest
29 30 Complex	30 10 + 10 + 10 Basic Complex Dumb-bells					

The numbers in each box indicate the number of reps you should do for each day that the scheme lasts. You should do the workout in bursts lasting for 2-3 minutes, with a break of 1 minute inbetween. The workout should never take longer than about 11 minutes ever day. And don't ignore the days when you should be resting – your muscles need time to regain strength.

1. The basic exercise



This involves doing just ordinary squats. Place your feet shoulder-width apart, keep your back straight and bend your legs at the knee to form a sitting position low to the ground, with your arms outstretched. The most important thing here is to find a good balance and place your body weight on both feet as a whole rather than any one part of them.

2. The exercise with dumb-bells



For this exercise you need to stand straight, with your legs placed slightly wider than shoulder-width apart and facing outward. Holding a dumb-bell in both hands and keeping your back and your arms straight, do the same squat into the sitting position as in the basic exercise. First use lighter ones, then gradually replace them with three- or four-kilogram ones. If you feel excessive tiredness after a few reps, slowly place the dumb-bells on the floor and use lighter ones.

3. The complex exercise



Stand up straight, with your legs placed slightly further apart than the width of your shoulders. Keeping your back straight and with your hands placed on the back of your head (and your fingers laced together), perform the squatting exercise. Make sure you that your feet are pointing out slightly and not directly lined up with your knees. Don't push against your neck with your hands, and don't lean your head forward. You should be able to feel that you are exercising the muscles in your back. You shouldn't be able to see your elbows in your peripheral vision.

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