

How to get a yummy bummy



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18 May 2011

Recommend 20

Bottoms are at the top of our agenda at the minute.

Ever since the royal wedding, women across the land have been peering over their shoulders in the mirror and wondering how to turn their derrière into Pippa Middleton's, which she revealed this week is down to weekly Pilates workouts with London trainer Margot Campbell. Now, right on cue and in time for summer, trendy health club GYMBOX has introduced a new class called the Yummy Bummy with the primary aim of getting you one.

Choose a tailored class and after six weeks of hard work you'll have a celebrity rear to rival Beyoncé, Kylie, Kim Kardashian or Pippa.

The P-Middy Bum in six steps:

The Pippa class is based on Pilates. It focuses on lengthening and elongating the muscles to create a slender derrière using a mixture of slow, controlled movements and core work.

Shoulder bridge with knee floats (activates the glutes)

Lie on your back, knees bent and feet hip-width apart. Peel your back off the floor from the base to the shoulders. Keeping the hips square lift one leg up until the knee is at a right angle to the hip, keeping the knee bent at a right angle too. Alternate legs 20 times, keeping your bottom lifted.

Turn away (strength and balance)

Stand with your weight on your right leg and lift your left knee up no higher than 90 degrees. Keep your right foot and kneecap facing forward, rotate the rest of your body to the left from the right hip. Squeeze your right buttock and hold for 10 seconds. Repeat six times on each side.

Swimming (strengthens and lengthens)

Lie on your stomach, arms in line with your ears and tummy pulled in. Stretching from the centre, extend your arms and legs in opposite directions until they naturally come up off the floor. Extend your spine to lift your shoulders off the mat, keeping your eyes to the floor. Stay stretched out as you raise up opposite arms and legs (right arm with left leg and vice versa) in turn, while keeping all limbs off the floor. Complete three 30-second repetitions.

Heel beats (butt lifting)

Lie on your stomach with your legs straight, hip width apart. Rest your forehead on your folded arms. Squeeze your glutes and lift your legs off the floor, pressing your hips into the mat and pulling your belly button in. Keeping butt and hamstrings tight, open and close the legs in a beating action. Beat vigorously for 60 seconds, trying to cross at the inner thighs rather than the ankles.



Bootylicious: high energy classes are designed to recreate the pert look of poo divas Beyoncé



Side kick (stability and strength)

Lie on your side with your legs extended so that you can look down and just see your toes. Lift your top leg, aligning it with your hip. Flex your foot as you kick your top leg straight out in front of you and then behind you, pointing the foot. Keep your hips stacked, spine neutral and leg at hip height. Repeat eight times with each leg.

Side squeeze (to shape the waist and emphasise the butt)

Lie on your side with knees bent in line with your hips. Place fingers at your temples. Exhale as you slowly lift your upper body off the floor and inhale to lower. Repeat 20 times on each side.

P-Middy Yummy Bummy, Thursday 6:45pm (45mins) at GYMBOX Bank, 71 Lombard Street, EC3, 020 7337 9790, gymbox.co.uk

The Beyoncé

There's a lot to live up to in this class, not just the image in my mind of Beyoncé's pert rear but our instructor's silver-hotpanted bottom wiggling in front of us. She has the bum we're all here to get - which is certainly encouraging.

Beyoncé's music blasts out of the speakers as we start hopping up on our step and extending our legs behind us, then squat, then lunge, then pulse - squeezing our buttocks as tight as we can with every move. We tie a resistance band around our legs to make all the exercises harder and work all the surrounding muscles.

As we push our bottoms out behind us towards the studio window I doubt that the rest of the gym floor is enjoying the view. Give it six weeks and maybe they will start to.

This is a fast-paced class with the kind of high energy and toning exercises that you can imagine a strong and athletic woman like Beyoncé would need to maintain a figure like hers. We're building real bum muscle here - and it burns. The next day I can feel the ache as I walk up stairs and I feel I'm on my way to "bootylicious".
Monday 5:30pm at GYMBOX Holborn, 100 High Holborn, WC1, 020 7400 1919.

The Kylie

For a pert and perky butt, the Kylie class will whip you into gold hotpants in no time. Aerobics and dancing exercises, combined with high reps of lighter exercises, will create a tighter and firmer behind.

*Wednesday 12:10pm at GYMBOX Covent Garden
42-49 St Martin's Lane, WC2, 020 7395 0270.*

The Kim

All about getting an hour-glass figure, emphasising the bottom. Kim's class is dance influenced and works with your own body weight to tone up and create a rounded butt.

*Thursday 10:30am at GYMBOX Westfield, Mezzanine Level, The Village Westfield, W12,
020 8735 5090.*

Products to help get you there

Bliss FatGirlScrub

Buff your skin with this scrub to get the circulation going in your buttocks and to get rid of fluid retention for a smoother look. £26, blissworld.co.uk

Soap & Glory The Firminator

This body-contouring gel should boost elasticity in the skin for a firmer derrière. £10.21, boots.com

Mama Mio Bootcamp for Butts

A butt re-shaping home kit including a body buff, toning and slimming creams and exercise instructions. £89, cultbeauty.co.uk

Endermologie Lipomassage

Six treatments of a Lipomassage roller over your wobbly bits is meant to reduce fatty deposits in your bottom. £60 per treatment, 0800 085 0533, lpgsystems.com

Glow Bums/ Tums

Get smothered in Rodial's Bum Lift cream designed to lift, slim, tone and tighten the key areas. £65/45mins, Glow Urban Spa, 44 Pimlico Road, SW1, glowurbanspa.co.uk