

# Prevention

## 10 Moves That Target Stubborn Cellulite

Firm your butt and smooth your thighs in less than 5 minutes a day

By Amy Rushlow



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### CLOCKWORK LUNGE

**[A]** Stand with hands on hips, feet hip-width apart. **[B]** Take a big step forward with your right foot and lower down until right leg is bent 90° and left knee is nearly touching the floor. Push back up to starting position. **[C]** Take a big step to the right with right foot, bending right knee and keeping left leg straight. Return to starting position. **[D]** Take a big step back with right foot. Lower down until left leg is bent 90° and right knee is almost touching the floor. Return to starting position.

**Repeat** with your left foot, stepping to the front, then to the left side, then back. That's 1 set. Do 15 sets.

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### PLIE SQUAT WITH ALTERNATING HEEL RAISE

**[A]** Stand with feet 3 feet apart, toes pointed out. **[B]** Lower down until thighs are nearly parallel to the floor. Push back up to standing. That's one rep. Do 15 reps. **[C]** Repeat the same move, but raise right heel as you lower down. Do 15 reps. **[D]** Repeat the same move, but raise your left heel as you lower down. Do 15 reps.



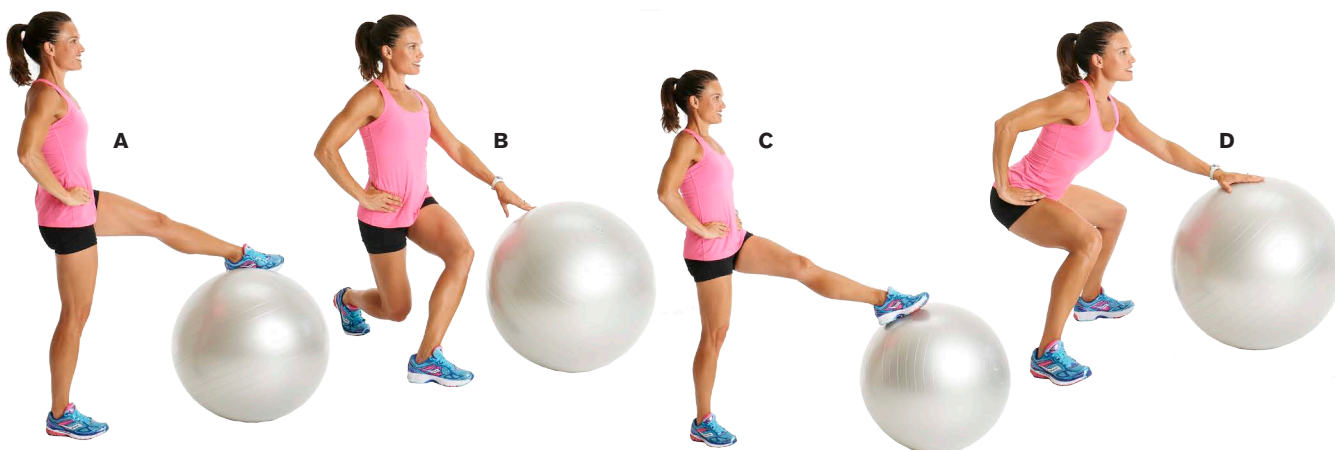
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### ALTERNATING ABDUCTION SQUATS

Place a weighted stability ball or Swiss ball in front of you. **[A]** Raise right leg and touch top of ball with foot. Use your foot to swipe the ball to the right, landing with feet shoulder-width apart. **[B]** Squat: Bend at your knees and lower body down until thighs are parallel to the floor. Push back to standing. **Repeat** using left side.

**Note:** If you don't have a ball, do the same motion but without the ball. Raise your knee up to about hip-height, swipe leg out to the side, and land with feet shoulder-width apart.





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#### ADDUCTION CURTSY LUNGE AND SQUAT

**[A]** Touch right foot to the top of the ball. Swipe the ball to the left, moving right leg across your body. **[B]** Land with right foot crossed in front of your left, like a curtsy. **[C]** Stand up as you raise your right leg to touch the top of the ball. Swipe the ball to the right and land with your feet shoulder-width apart. **[D]** Squat: Bend knees to lower down, then raise back up. **Repeat** with left foot: Swipe to the right and curtsy, swipe to the left and squat. The whole sequence is one rep. Do 15 reps.



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#### SQUAT WITH CALF RAISE

**[A]** Stand with feet hip-width apart. Bend at knees and hips to lower down until thighs are parallel to the floor. **[B]** Stand, then lift heels and shift weight onto the balls of your feet. Lower heels to return to starting position. Do 15 reps.

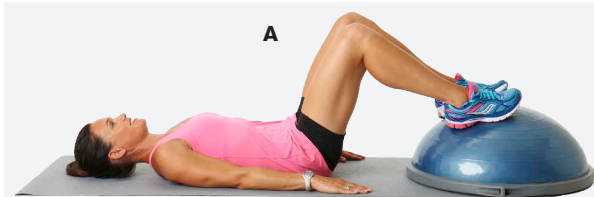
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#### BRAZILIAN LUNGE

**[A]** Stand with left foot 3 feet in front of right foot, right foot resting on top of a BOSU Balance Trainer (or a sturdy chair). **[B]** Lower into a lunge, left knee bent at 90° and right knee lowering toward floor. **Raise** body back up (don't move your feet). Do 15 reps on each leg.



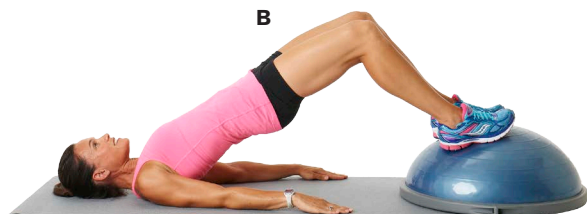
**Challenge:** Touch arms to the ground when you lower your body down. Raise arms and jump, keeping your feet in a split position, to come back up.



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## HIP BRIDGE

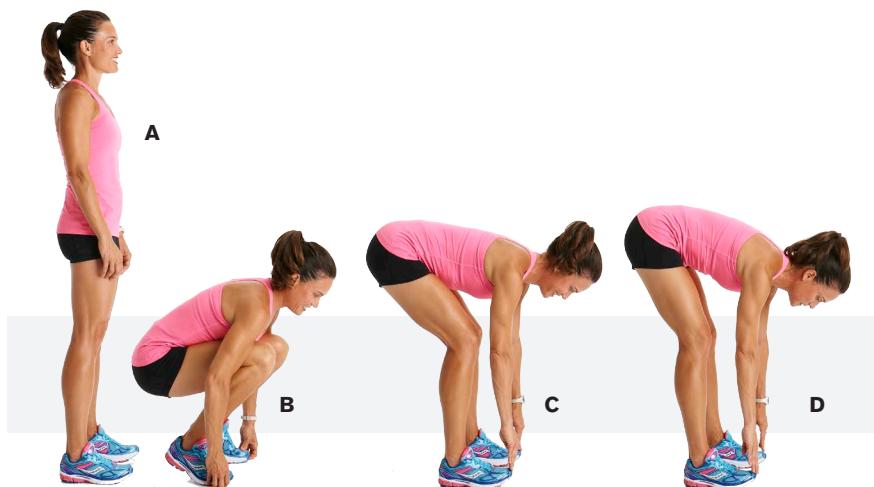
**[A]** Lie on your back with knees bent and feet on top of a BOSU Balance Trainer (or on the floor). **[B]** Raise hips so that your knees, hips, and chest are in a straight line. Squeeze your butt and keep knees in line with your hips. Hold for 3 seconds, then lower hips to starting position. Repeat 15 times.



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## SWISS BALL HIP LIFT AND HAMSTRING CURL

**[A]** Lie on your back with legs extended and heels on top of ball. **[B]** Lift hips so feet, hips, and chest are in a straight line. **[C]** Bend knees to pull ball toward you. Straighten legs to push the ball away. Lower down. That's 1 rep. Do 15 reps.



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## BOOT STRAPPERS

**[A]** Stand with feet shoulder-width apart. Bend at the waist to touch toes. **[B]** Bend knees and lower butt until it nearly touches the floor. Allow heels to lift if needed. **[C]** Keep hands on your toes. Lift butt up so you're in a toe-touch position again. **[D]** Bend your knees and lower butt to the floor again. This time stand all the way up. That's 1 rep. Do 15 reps.



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## STRAIGHT-LEG DEADLIFT

**[A]** Stand with feet hip-width apart. Hold 1 weight in each hand, palms facing your body. **[B]** Hinge at hips to lower torso until it's almost parallel to floor. **Return** to starting position. Repeat 15 times.