

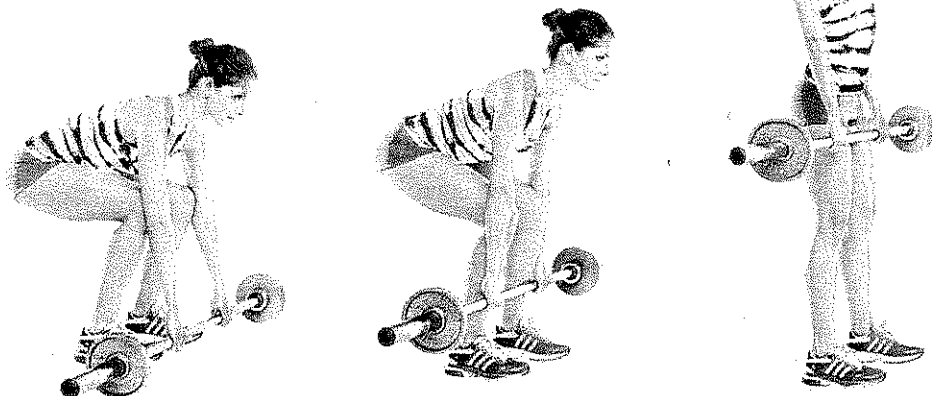
5 Ultra-Effective Butt Exercises That Aren't Squats

Do 15-20 of each exercise. Repeat the series 2-3 times. Rest 60-90 secs between each series. Stretch , butt, hips and thighs at end of work out.

1. Hip Thrust

Sit on the floor with your back against a bench, feet flat on the ground in front of you. Place a barbell onto your lower abs, the spot between your hips and your legs—if that feels uncomfortable, use a towel between your body and the barbell. Thrust up by bending your hips and knees, your body—from your shoulders to your knees—should be parallel to the floor. Lower your body to return to the starting position.

2. Romanian Deadlift



(<http://www.self.com/wp-content/uploads/2015/12/deadlift.png>)

Larsen & Talbert

Place a barbell in front of you. Keeping your back flat (not round), bend forward at the hips and grab the barbell. Your hands and legs should be about shoulder-width apart. Push your hips forward to raise the barbell. Lower back into the starting position. A little lost? No sweat, here's a thorough tutorial for how to do a deadlift (<http://www.self.com/fitness/workouts/2013/10/master-class-dead-lift-slideshow>).

3. Reverse Hyperextension

Lie face down on a bench and wrap your arms around it. Your legs should be hanging off but not touching the ground, hips meeting the end of the bench. Lift your legs up and then lower to return to the starting position.

4. Step Up

Standing in front of a bench, step onto it with your right leg first and then your left. Reverse the motion and get back into the starting position. Repeat the exercise leading with your left leg first. Continue alternating legs.

5. Reverse Lunge



(<http://www.self.com/wp-content/uploads/2015/12/group-lunging.png>)

Klaus Vedfje/Getty

Stand straight and hold a pair of dumbbells. Step your left leg back and lower your body until your right leg is at a 90-degree angle in front of you. Your back leg should not touch the ground. Come back to the starting position and repeat the move on the opposite side. Continue alternating legs.