



Shown off to perfection in her Alexander McQueen gown, Pippa Middleton's rear became a star attraction at her sister Catherine's wedding. Exercises, along with products to firm skin and tackle cellulite, are the routes to achieving bottom beauty

Rear Attack

All it took was her picking up the train of her sister Catherine's wedding dress and the focus of the world's media was firmly on Pippa Middleton's beautiful bottom. And now we know, she stays in great shape using Pilates. Here David Higgins of TenPilates talks us through some smart moves

The key to a fine derriere is a fit derriere, and that's all about exercising correctly," explains David Higgins, the founder of TenPilates, London's hottest Dynamic Pilates studio.

But the problem is that many of us have inherently lazy backsides, and that's not simply because we sit around on them all day long.

"It's very common that people's bums – or as we call them, their glutes – are lazy," says David. "This may happen because of postural imbalance or an external injury. People who suffer from lower back pain more often than not have inactive bum muscles. Commonly, the hamstrings and hip flexors are hyperactive and therefore compensate and end up doing the job that the glutes should be doing."

So what sort of exercises would Pippa have been doing to get into such great rear-guard shape?

"To achieve a fit bottom at home I would recommend five key exercises: lying leg circles, the clam, straight leg lifts and kicks, the split squat and the glute bridge. They're great for toning, firming and re-shaping the backside and perfect for checking that the glutes are working properly."

And David has some good news for those of us hoping to burn off the fat that so many of us carry on our bottoms.

"The best way to get a great bottom is to think intensity, not endurance. The latest research shows that moderate to intense-level cardio for 25–30

minutes is as good if not more effective for achieving weight loss than the 'fat burn' programmes of old, which require at least 45 minutes to an hour of low to moderate-intensity exercise. Combining this intense cardio with an effective resistance-training workout to tone your muscles is ideal for achieving your desired results."

A brilliant way to do this is with a class that combines spinning or cycling with Pilates.

"Our Cardiolates workout combines 25 to 30 minutes of intense spinning followed by the equivalent amount of time performing intense muscle-toning exercises on the reformer. It is truly one of the best ways to whip yourself into shape in time to strut your stuff on the beach this summer."

For more information: www.tenpilates.com

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The firm

HELLO!'s favourite five bottom beautifiers



- 1 Nivea Goodbye Cellulite Ten day Serum, £11.22, is a great fast fix.
- 2 Clarins High Definition Body Lift, £35.50, is a beauty editor's favourite.
- 3 The Sanctuary Spa Professional Sculpting Anti-cellulite Treatment, £13.27, mimics a spa treatment at home.
- 4 Vichy Complete Action Anti-stretch Mark Cream, £19.50, an anti-ageing body lotion and cellulite treatment in one.
- 5 Botanics Hip and Thigh Brush, £7.50, is a must to boost lymphatic drainage.

Bottoms Up

Five fabulously effective exercises to improve your bottom line

LYING LEG CIRCLES

Lie on your side with a pillow under your head, with your top leg outstretched so that your heel is level with the rest of your body and your bottom knee is slightly bent. Roll your hip and torso slightly forward towards the floor. Squeeze the top glute and slowly raise your top knee a few inches off your bottom one. Now draw small circles with your raised leg. The slower and more controlled the movement, the more effective the exercise will be. Continue for 30 seconds or until fatigue. Repeat for 30 seconds, with a final hold for ten seconds.

THE CLAM a pillow under your head, knees slightly bent in front of you with your hips, knees and feet stacked and your heels level with the rest of your body. Roll your hip and torso slightly forward towards the floor. Squeeze the top glute and slowly raise your top knee a few inches off your bottom one. Hold for a second and then lower. Repeat for one minute or until you feel your glute fatigue.

STRAIGHT LEG LIFTS AND KICKS

Lie in the same position as above but with your top leg outstretched so that your heel is level with the rest of your body. Slowly lower your leg just below the level of your hip and then squeeze your bum and raise it to hip height again. Repeat for 30 seconds. Keeping your leg at hip height, draw it forward an inch and then squeeze your bum to draw it back an inch. Repeat for 30 seconds and then finish with a final hold for ten seconds.

SPLIT SQUAT

Stand side-on next to a wall (for balance) in a split stance, with the foot furthest from the wall in front. Raise the foot closest to the wall off the ground and bend your front knee into a split squat, keeping your knee behind your toes. Try to get the majority of your body weight onto the heel and outside edge of the front foot – this will ensure your bum is working to hold you in place. Hold for one minute or until fatigue.

GLUTE BRIDGE

Lie on your back looking up, head flat on the floor. Position your feet so both are flat on the floor and pointing straight ahead. Squeeze the glutes and push through your heels and slowly roll your hips, lower back and mid-back off the floor so you are resting on your upper back and have formed a straight diagonal line down from the knee to your shoulders. Hold this position for an in-breath, then slowly return all the way back down. Repeat this movement over a minute and finish with a 30-second hold or until fatigue.

