



You Gotta Move It

This easy exercise may not cure lipo's butt wasting, but 10 a day (in front of the TV, on the phone, etc.) can help spruce your caboose:

July 1, 2005

- 1.** Stand with feet about shoulder's width apart, resting your hands on a waist-level surface. Squat, keeping your heels on the floor.
 - 2.** Thrust your pelvis forward. Pressing your heels down, imagine a string tied to your pelvic bone, pulling it forward as you slowly begin to stand up, counting veeerrry sloooowwwly to 10.
 - 3.** At 10, stand completely. Rise on your toes, keeping your pelvis thrust forward. Count to 10 again, holding the tippy-toe position, then slowly return to standing. Relax—and start again. Kick butt!
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