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:

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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 slooowwwly 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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http://beta.docker.poz.com/article/You-Gotta-Move-It-1892-3138