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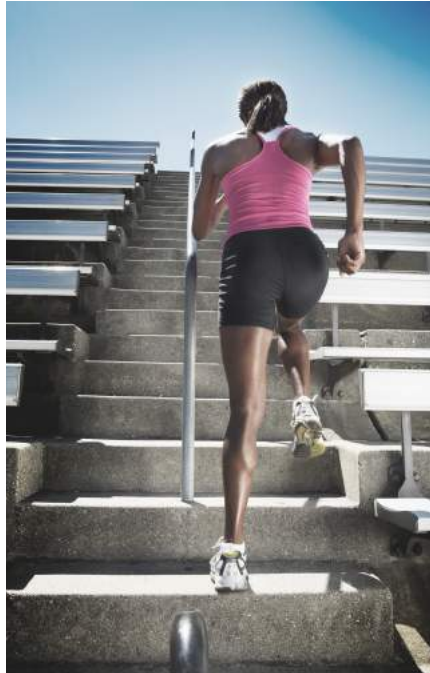
BlackDoctor.org

THE BUTT & THIGHS YOU DESERVE

BUTT & THIGHS FIT

15 MIN WORKOUTS, FOODS
YOU SHOULD KNOW, AND
MORE!

THE BOOTY BOOK



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Hump Day

EVERYDAY

TONING YOUR BUTT DAILY

Incorporate these techniques into your daily butt busting routine to get better results...in less time!

Remember: while there's really no such thing as spot training, incorporating a creative workout strategy while eating right and getting in some cardio several days a week, will have you in double-take worthy shape in no time.

KEEP YOUR BUTT IN PLAIN VIEW

When targeting a problem area, people are usually inclined to cover that spot, but experts suggest exposing it in the workout clothes you wear. Exposing your bottom will allow you to focus in on that area and allow you to watch your muscles work while you sweat— It starts with your mental first! You will also be able to see your results as they manifest.

USE WEIGHTS

Adding weight to basic moves like squats or lunges will maximize your results. When you do your squats or lunges, add 5-pound weights to really see results. If you don't have weights, just hold soup cans in your hand.

TRY THE 30-SECOND RULE

Instead of rushing through squats and lunges, freeze in the lowest position for 30 seconds. This will allow you to take an extra-deep contraction through your glutes and core and stabilize your body before standing up again. Do at least three sets while watching your favorite show. One thing we like to do is called: "Squatmercials": That's when while watching your favorite show, do squats during the commercials! It's brilliant—and it works!

TAKE IT SLOW

When doing strength training, don't rush through your repetitions. It's true the faster you do the reps the quicker you will get done, but doing this will stunt your results. Form is everything when it comes to toning and lifting your butt. Don't worry about the number of reps, just do your exercises with the best form and it will work.

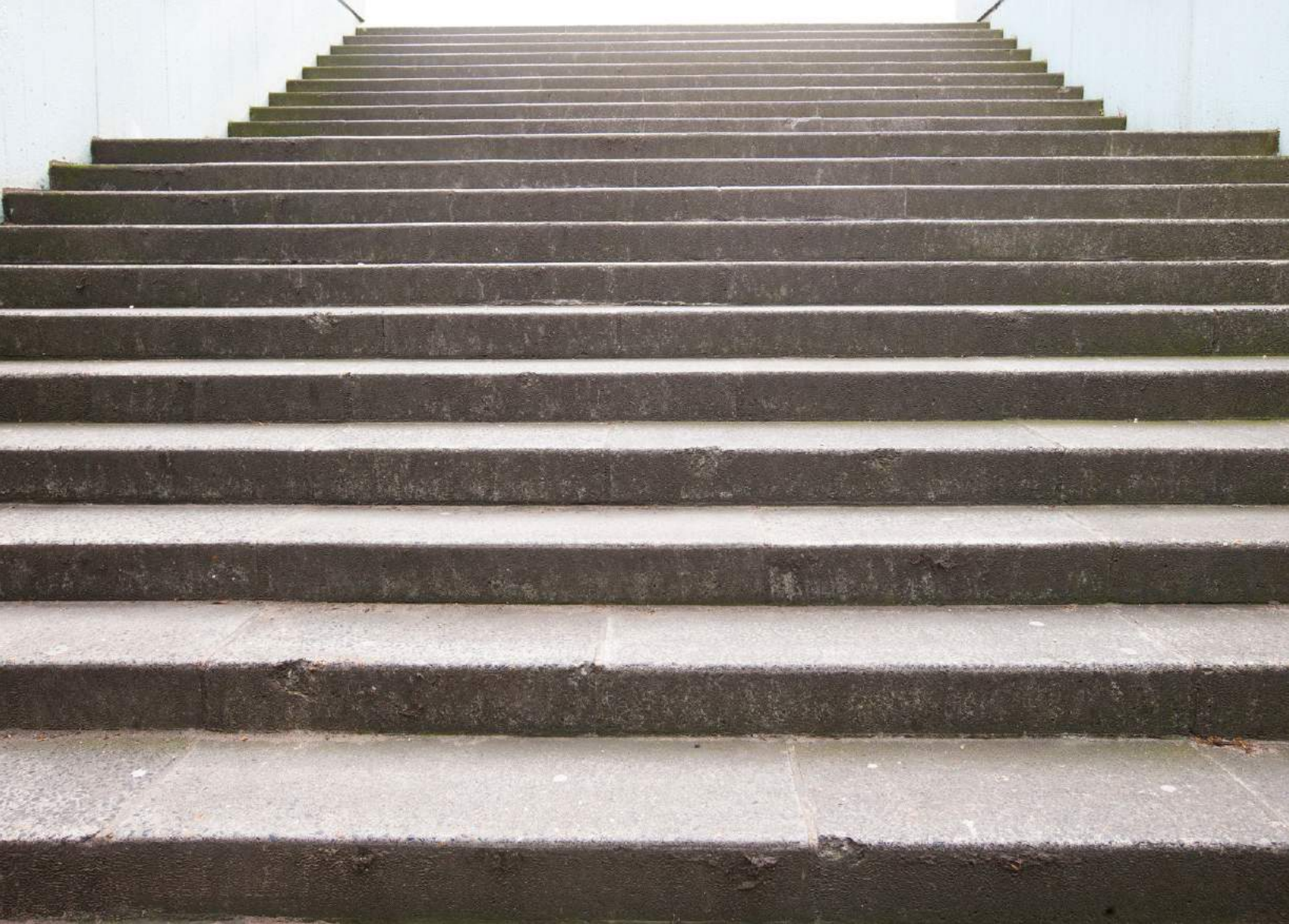
DO MINI WORKOUTS ALL DAY

Try and make the most of your breaks all day. Try keeping a set of ankle weights in your drawer and doing standing leg lifts or leg extensions during phone calls.

STONE WHILE YOU WALK

With each step, when one leg extends behind you, keep your heel on the ground as long as possible. When you do lift your heel, roll through the foot and press off with your toes. You'll feel your glutes contract with every step.





THE STAIRS TO A BETTER BUTT

Whether you're climbing actual stairs or using a stair climber, both are easy to use and can be customized to suit your fitness level. When used regularly for at least 20 minutes, four to five times a week, climbing stairs and stair climbers can increase your endurance, stamina, and strength. The machine challenges your legs to continually climb a moving set of stairs.

As your fitness increases, you can continue to challenge yourself by increasing the speed and resistance setting on the machine. People with knee or back issues who cannot run on a treadmill might find a stair climber is easier on their joints.

Ready to take your fitness to the next level? BDO Next has personal trainers waiting to help you lose your gut and keep your butt! Whether you're looking to shed weight or tone-up, our trainers provide a personalized experience for everyone. Better body goals are just a click away.

Get Up, Get Out, Go Get IT!

1. WARM UP

Spend the first five to 10 minutes of your workout warming up by climbing stairs at a moderate pace, as placing stress on cold muscles can cause injuries. Gradually increase the speed as your body and muscles warm.

2. ACTIVATE THE GLUTES

Walk upstairs for 15-minute sessions at first, and gradually increase the duration to 30 minutes as you become stronger. Attempting to do too much too soon can lead to injuries. Place your entire foot on the step and push through your heel to lift your body up. This will activate your glutes.

3. JOG IT OUT

Insert jogging intervals into your stairs session to increase the cardiovascular benefit and maximize muscle growth and tone. Every fifth flight, increase your pace to a jog and then return to walking.

4. STEP UP

Stand facing the stairs while holding 5- to 10-pound dumbbells or a medicine ball in your hands. Lift your right foot and place it on the step. For a higher reach and to increase the challenge to your glutes, place your foot on the second or third step rather than the first. Keep your knee aligned with your ankle. Push through the right foot to lift your body up onto the step. Hold the lift for one count, and then lower your left foot back to starting position. Complete three sets of eight to 12 repetitions on each leg.

5. LUNGE

Lunge on the stairs to target your glutes. Face the stairs and step the right foot on the second or third step, with your knee bent to 90 degrees. Lower your left, or back, knee to the ground. Push through both feet to rise up to starting position. Complete three sets of eight to 12 repetitions on each leg.



BOOTYLICIOUS

boo·ty·li·cious
,bōodə'lishəs/

adjective: bootylicious; adjective: booty-licious

attractive, esp with
curvaceous buttocks

Dictionary.com

FEED THE BOOTY

MAINS

While the glute muscles are a prime location for fat storage for women, varied body compositions can sometimes make it harder to create a defined and prominent butt.

The location your body prefers to store fat is genetically and hormonally driven. You can, however, move the needle in favor of the look you want through rigorous and consistent exercise and making a few edits to the foods you choose to include within your diet.

Estrogen and other hormones prevalent in women's bodies tend to park fat around the pelvis, butt, and thighs. This is usually to be added support for pregnancy and childbearing, but for our non-childbearing thick fit goals, this works to our advantage as well!

On top of your butt exercises like lunges and squats, you also need to consume foods that contain healthy fats and a lot of protein.

Slimming down your belly makes your rear end more prominent. You should, therefore, modify your diet to avoid gut-busting food.

In other words, stay away from:

- Simple carbohydrates
- Refined and processed carbs, like white bread, french fries
- Refined-grain pasta
- Sugary drinks

These foods only cause 'booty-do' (meaning your stomach will stick out further than your booty do").

FOODS TO EAT

COMPLEX CARBOHYDRATES:

Brown rice, sweet potatoes, barley, whole grain pasta, apples, grapefruit.

PROTEINS

Skim milk, low-fat yogurt, chicken, egg whites, beans, fish, turkey, meat, legumes, whey protein, hemp protein.

UNSATURATED FATS

Sunflower oil, canola oil, olive oil, oily fish, nuts.

10 FOODS TO EAT

FOR A BETTER BUTT



SIT TO GET FIT

5 SEATED LEG & THIGH EXERCISES

WHETHER YOU'RE AT HOME, IN THE OFFICE, OR AT THE GYM, THESE 5, EASY, MOVES WILL GET YOU RIGHT!

THE ALPHABET

Sit at the edge of your chair. Lift one leg with your toes slightly touching the ground. Simulate painting each letter in the alphabet on the floor with your toes. Then repeat the alphabet, but with your heel slightly touching the ground. Switch legs after completing the alphabet with your toes and heel at least one or two times through.

THE BODY WEIGHT

Sit in a chair with your back straight, your core engaged. Grip the seat of the chair lightly for support. Cross one leg over the other, at the ankles. Exhale and extend your bottom leg until it is completely straight and parallel to the ground. (The top leg will lift as well, but keeping it relaxed will allow it to act as a "weight" for the active leg.) Do 5 reps of lifting and lowering, then hold at the top for 10 seconds. Repeat 5 times. Straighten both legs and lower to the ground, pause, then re-cross with the opposite leg on top. Repeat exercise with opposite leg.

THE BALL BUSTER

- Grab a rolled towel or a medicine ball and place it between your knees. Make sure your feet are flat on the ground with your knees facing forward. Place your hands on either side of your hips.
- While engaging the core muscles, lift both knees up about two inches toward your chest.
- Extend both legs outward and squeeze the thighs inward. Hold the squeeze for 3 counts and then release.
- Reps: 15 (keeping the towel or ball between your knees at all times).

THE REVERSE CRUNCH

- 1. Sit up straight in your chair with a neutral spine and extend your legs in front of you.
- Place your palms on either side of your body, flat on the seat of your chair.
- Squeeze your legs together, then lift them so your feet hover one inch off the ground and your thighs are lifting slightly off your chair.
- Bring your legs 2 to 3 inches apart, then tap legs together 15 times.
- Release and lower your legs.
- Reps: 5.

THE BUTT CHEEK

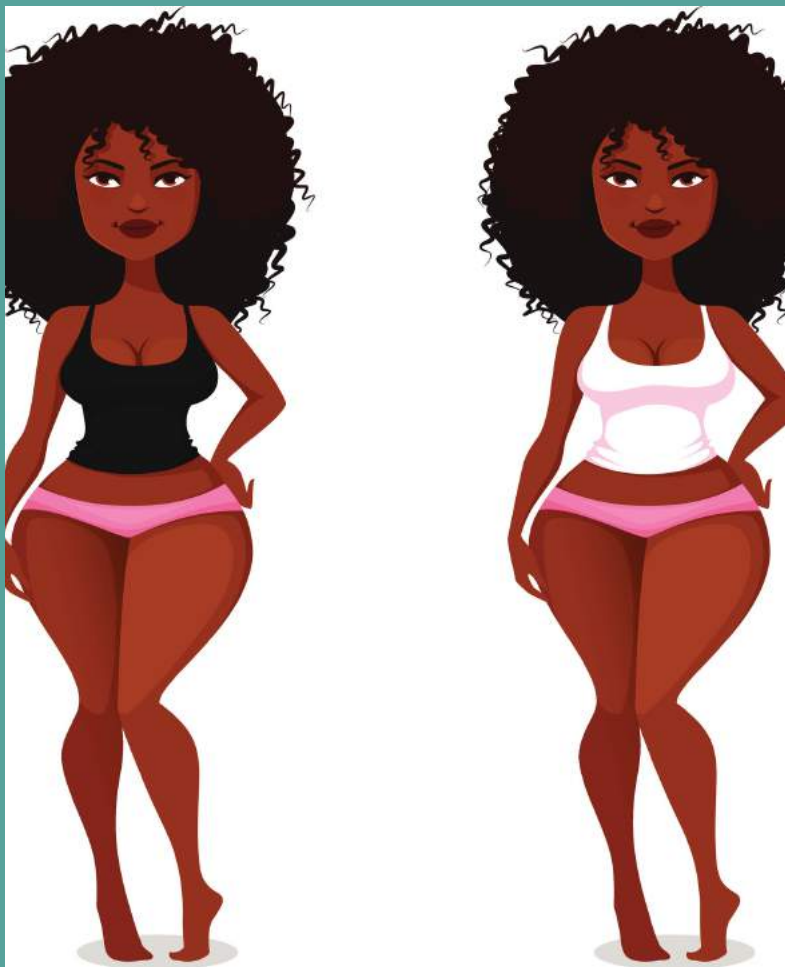
The easiest exercise you can do while working is buttocks squeezes. Just sit in your chair and squeeze your butt, and then release. To make the exercise more difficult, hold the squeeze a few seconds before releasing. Try doing this for one minute, that's one rep. Rest for 20 seconds, then do two more reps.

A scenic mountain landscape with a lake and a quote overlay. The background shows a valley with a lake, surrounded by mountains and forests. The sky is a soft, hazy blue. The text is white and bold, centered in the upper half of the image.

**"YOU CAN
DO IT PUT
YOUR BACK
INTO IT"**

-ICE CUBE

THICK THIGHS SAVE LIVES



“I don’t like my shape.”

“My thighs are too big.”

“I wish I had smaller legs to fit into cute jeans.”

Those are all real statements from women who were considered to have a larger than average thigh size. Some women reading this may be able to relate. The medical fact of the matter is, thicker thighs can be healthy. For real.

To find out how thigh circumference affects health, Harvard Health reported that Danish scientists evaluated 2,816 men and women ages 35 to 65 who were free of heart disease, stroke, and cancer when they joined the study in the late '80s. Each participant provided a detailed health history and each underwent comprehensive examinations that included measurements of height, weight, and thigh, hip, and waist circumferences, as well as body fat percentage, which was determined by the highly accurate impedance method.

Researchers tracked the volunteers for an average of 12.5 years. They found that people with big thighs had a lower risk of heart disease and premature death than those with thin thighs. In round numbers, a thigh circumference (measured where the thigh meets the butt) of about 62 cm (about 24.4 inches) was most protective; bigger thighs provided little if any extra benefit, but progressively thinner thighs were linked to progressively higher risks.

The predictive value of thigh size held up even after the scientists accounted for other indicators of body composition, including waist circumference, BMI, height, and body fat percentage. And thigh size remained a strong independent predictor even after researchers adjusted for risk factors such as smoking, exercise, alcohol use, systolic blood pressure, cholesterol and triglyceride levels, and (for women) menopause.

It’s only one study, but its results are still impressive because the scientists measured thigh size but not thigh composition. They didn’t tell if the apparent protection of big thighs is due to more muscle, more fat, or both. Well, not yet.

But that’s where your muscle to fat ratio comes in.

It’s a fact that, fat cells in the lower part of the body seem to vacuum up harmful fatty acids that are released into the blood when fat-laden foods are digested. Fat cells in the upper body also store up free fatty acids but are quick to pour them back into the blood in response to stress-induced surges of adrenaline. And abdominal fat cells (around your midsection) produce larger amounts of cytokines, chemicals that trigger harmful inflammation, while lower-body fat cells produce productive chemicals, including leptin and adiponectin.

Thick Thighs Save Lives

(cont)

During an average follow-up period of six years, two factors emerged as the strongest predictors of mortality. Large waist circumference, reflecting abdominal obesity, was linked to a high death rate (big fat belly = bad), but large mid-arm muscle circumferences predicted a reduced death rate (bigger arm muscles = good). The results held up even after researchers took other risk factors into account.

The British study agrees with other investigations that show the stronger live longer. It's not just having bigger thighs, but the amount of muscle in them as well. Many researchers conclude that part of the reason that remains true is that big, strong muscles reflect regular exercise and an active lifestyle. But muscle itself also contributes to health. Muscle burns calories faster than other tissues. Muscle cells are also more responsive to insulin, lowering blood sugar levels without requiring the high insulin levels that are associated with high cardiovascular risk.

In America and around the world, women tend to be pear-shaped, while men tend to be apple-shaped. It may be one reason that women live longer than men, both in America and around the world. So don't be mad at your big thighs girl, they're a blessing!



**"FIT IS
NOT A
DESTIN-
ATION.
IT'S A
WAY OF
LIFE"**

BDO NEXT



The 15min Tone Up



Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. If you're looking to trim some weight off of your thighs, it's important to note that walking only targets the front of your legs.

For an all-around leg workout that will firm your inner thighs, outer thighs, AND your butt, try this multi-direction routine on the treadmill.

Begin with a slow speed (2 mph or lower) before changing directions; increase as you become comfortable. Feeling like a pro? Double the speeds below and you can ramp up your results in half the time—15 minutes!

DIRECTIONS

- 0:00 Warm-up: Walk at a moderate pace (about 3.0-3.5 mph)
- 5:00 Shuffle: Turn to left and walk sideways, like you're shuffling, hands on hips (about 2.0-2.5 mph)
- 7:00 Walk briskly (normal form, about 3.5-4.0 mph)
- 9:00 Shuffle, facing right side
- 11:00 Walk briskly
- 13:00 Shuffle, facing left side
- 15:00 Walk briskly
- 17:00 Shuffle, facing right side
- 19:00 Walk briskly
- 21:00 Walk backward (reduce speed as much as necessary and slowly increase it as you get acclimated)
- 23:00 Walk briskly
- 25:00 Cool-down: Walk at a moderate pace (about 3.0-3.5 mph)
- 30:00 You're finished! Great job!

Now, try this at least 3 times a week and see how not only your thighs begin to tone up, but also your overall weight will go down too.

Get thick bit quick

Flabby thighs got you down? Do they rub in all the wrong places? BDO's Fitness Expert, Bridget Smith, shares how to achieve slimmer, trimmer thighs in record time.

Topping the list of body complaints for many of us are the inner and outer thighs. A lot of women are prone to the high thigh drama because unfortunately, hormones and genetics tell our bodies how much fat to store and where to store it.

The good news is we still have control over how much overall fat we carry, regardless of where our genes tell that fat to go. The song that comes to mind and seems fitting, "Hit the road Jack, and don't you come back no more!"

As you may know, spot reduction is merely a myth and if your body prefers to store fat in your thighs, it will take focus, hard work and dedication to change them.

Follow these simple BDO Next Tips on how to get toned and tight thighs fast.



JIGGLE-FREE THIGHS IN RECORD TIME



Have Fun!

BE A CARDIO QUEEN

Get at least 45 - 60 minutes, three to five days per week. A combination of steady state and high-intensity cardio will work to create a calorie deficit and in turn will help reduce overall body fat and slim down your thighs, such as:

- jumping jacks
- high knee walking in place
- burpees

The shorter the session, the higher the intensity - think interval training like doing push-ups, then crunches, then jumping jacks, then burpees. Each one for only 45 seconds to one minute switching quickly to the next set. Make the most of your time you have to burn the most calories.

WEIGHT TRAIN

With the combination of compound and isolation moves, you'll build fat burning muscle and give shape to those hard to tone areas while creating a longer, leaner look. Example: Sumo squat with a dumbbell.

BE CLEAN & MEAN

Clean up your diet by avoiding processed foods, saturated fats, and excess sugar. Instead, eat a diet with whole grains, lean proteins, plenty of vegetables and healthy fats. The cleaner you eat, the more you will boost your metabolism.



I'M GOING
TO MAKE
YOU SO
PROUD!

- NOTE TO SELF