





At the risk of sounding eh hem, improper – we're going to advise you to spread your legs out wide and activate your glutes while in the position!

Doggy style, on the other hand, will get your hips and butt moving, but again – be sure to activate your glutes as you're doing the deed. Lift you bum upwards, toward the sky, like so...



But as good as the above positions are – an even better position for a good butt and leg workout, though, is hands down...the cowgirl. Here it is...



With your legs balanced on the bed or even the floor (whichever you prefer, we're not judging), you will work your legs, which will work your hips and ultimately your derrier.

Sure, you have to do all the work – but you're getting a great butt workout while you're at it...not to mention this position is quite fun 😊

For a more full body workout, use the wall. That's right – get thee to the wall. Whenever you are up against whatever wall you choose you are forced to really engage your core. What happens when you engage your core? A chain reaction.



