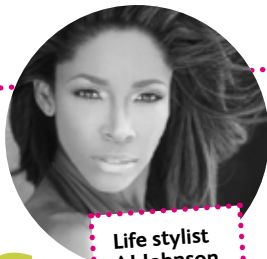


Get... Beyoncé's bottom!



Life stylist
AJ Johnson

Beyoncé, 28, is as famous for her bootylicious bottom as she is for her singing, dancing and acting talents. But the superstar openly admits she has to work hard to keep her curves under control. 'I'm a real woman. I'm not naturally skinny,' she says. 'I do circuit training and run two-and-a-half miles every day. If I don't, it'll be me on stage out of shape.' For help and guidance, Beyoncé turns to renowned life stylist, AJ Johnson, a former actress and dancer who offers fitness advice, life coaching and wellness to clients including singer Kelly Rowland and actress Emily Blunt. Johnson's two favourite exercises to lift, tone and shape the bottom are tough enough that you don't need equipment. 'Once you try the Booty Blaster exercise, you'll know why I named it as such!' she told us. For more on Johnson, visit her website, www.theajzone.com.



The moves

BOOTY BLASTERS

WORKS: Gluteals, core and thighs.

HOW TO DO IT: On your hands and knees, make sure your shoulders and hips stay as square to the floor as possible throughout the movement (a). **1.** Lift your left leg straight out to your side, so your leg is perpendicular to your body, as shown. Without letting that leg drop below your hip, do 25 leg lifts (the higher

you can lift, the tighter, more toned and sexier the butt), 25 leg circles, then 25 leg swings, moving your leg toward your shoulder then back until your leg is straight out behind you.

2. Then try 25 straight-leg lifts with your leg out behind you as pictured. Make sure your leg doesn't drop below your hip line. Switch legs and repeat.



LOW-AS-YOU-CAN-GO LUNGES

WORKS: Gluteals, hamstrings and quadriceps.

HOW TO DO IT: Step your left leg forward into a lunge and, keeping your core engaged and chest lifted (a), bend and drop your right knee to the floor. To make the exercise harder, hold a weight in your left hand. Lift your right knee half an inch off the ground and hold for 15 seconds (b). Then do 15–25 small lunges, gently tapping the back knee to the ground and trying to lift no higher than where you did the 15-second hold. Switch legs and repeat.