

# Hot for summer

Mar 30, 2007 04:30 AM

**THULASI SRIKANTHAN**

Want to look hot in your swimsuit this summer? Want to tone those legs, sculpt those abs and firm up those arms after a lazy winter?

Today the *Star* launches a weekly set of exercises to whip trouble zones into shape. We'll feature moves recommended by personal trainers across Toronto to get you off your couch and into shape by June 21, the first day of summer.

We start off this week with Toronto trainer Marshall Tully, who demonstrates three routines to firm a sagging butt.

"Working the entire body is necessary in any good training program but, arguably, it's even more important to hit the butt and legs," says Tully, who owns Full Blast Personal Training. "The glutes (the butt) and hamstrings provide propulsion and power for just about every sport, and for basic human locomotion.

"They're also the largest muscles of the body, and as such, are able to handle the largest loads safely."

But don't for a second think these bottom-based exercises are all you need. "Working a specific area of the body does not preferentially burn fat from that area," he notes. "That can only be achieved through creating a negative energy balance in the body, by reducing caloric intake and/or burning additional calories through activity."

Before you step up to these moves, don't forget to warm up. It's also important to maintain proper posture while doing the exercises. And, says Tully, "I'd suggest that beginners, once they're comfortable with the form of the exercises, work at a level of exertion that's just past their comfort zone, but not to the point where they're compromising posture or safety to complete the desired reps."

As for resting between exercises, Tully recommends 45 seconds to two minutes between sets.

- Email story
- Print
- Choose text size
- Report typo or correction
- Email the author
- License this article
- Tag and save

POWERED BY del.icio.us

**MUSCLE GROUP EXERCISED: GLUTEALS**



**MORE IN THE NEWS**

- Canadian's slaying reviewed
- Fall ballot on vote reform
- War-crimes trial probes defendant's beating
- Shooting rampage at Virginia Tech
- Why are we here, Black asks
- Bottle returns to cost Toronto millions
- Hotel staff need help: Study
- Snobbery blamed for royal break-up
- India house boom stirs interest here
- Afghans love a good rooster fight

**SPECIALS**

**Rare books online**



**Inuit hunters on thin ice**



**My son is missing**



[More special reports](#)

[Great home delivery subscription deals here!](#)

Advertisement for Toronto Star Photo & Page Sales. The text reads: "TORONTO STAR Photo & Page Sales www.starphotos.com". Below the text are several images, including a horse, a newspaper cover with "Happy Canada Day", and a building.

## Trainer

Marshall Tully, 38, of Toronto has worked as a personal trainer for more than seven years and owns Full Blast Personal Training studio. For more information, visit [fullblast.ca](http://fullblast.ca).

## Muscle Group Exercised: **Gluteals; bonus effects to quads and hamstrings**

The three muscles in the buttocks, which is also known as gluteus maximus, which is also a nice name for your bum.

### Ball Lunge



**1.** Stand straight, feet hip-width apart, holding a ball (basketball, volleyball or medicine ball) above shoulders.  
**2.** Slowly lunge right leg forward, to 90-degree angle, while lowering ball in front of right knee and to the floor.

**3.** Using grounded right heel, push yourself back to standing start position with ball held overhead. Keep eyes forward and chest raised throughout. Repeat using left leg.  
**Repetitions:** 6-8; 2-3 times or sets

PHOTOGRAPHY BY KEITH BEATY / TORONTO STAR

### Step Up

**1.** Stand and place right foot on 18-inch high bench or stool.  
**2.** With either empty hands or holding weights up to 5 pounds, transfer full body weight to right foot until

standing on platform.  
**3.** Place left foot beside right foot on platform. **4.** Slowly lower left foot back to floor. Keep chest up and spine straight.  
**Reps:** 6-8; 2-3 sets



### Romanian Deadlift

**1.** Stand up straight, feet hip-width apart, holding 5- to 10-lb. weights at your sides.  
**2.** Hold chest high, as if your shoulder blades are pinching a grape.  
**3.** Lightly roll weights to front of thighs, then continue down to knees. Look forward and

keep back straight.  
**4.** With your body weight on your heels, try to lower until back is angled 90 degrees to the floor.  
**5.** Keeping your back straight, slowly raise yourself to start position.  
**Reps:** 6-8; 2-3 sets