

PLATE UP LIKE A PRO: EATING FOR WEIGHT LOSS

20 BEAUTY HEROES UNDER £20

# Women's Health

MAY 2020 | £4.50

**BUILD YOUR  
BEST BODY**

6 BOOTY  
SCULPTING  
MOVES

SIMPLE HACKS  
TO RAMP UP  
FAT BURN

SPECIAL REPORT

**BEWARE  
THE DIET PILL  
THAT KILLS**

**'MY PT SENT ME  
DRUNK TEXTS'**

IS FITNESS HAVING A  
#METOO MOMENT?

MY **EXCLUSIVE**

**28**

DAY WORKOUT  
CHALLENGE

by

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LIVEING**

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YOUR STRESS  
MONSTER**

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INSIDE p51





PT GUEST PASS

# CIARA MADDEN

Bottom decidedly more pancake than peach? Ciara's bum-building workout is just what you need for glute gains

**W**hether she's sunning herself in a booty-baring bikini or doing a fathoms-deep squat on Insta, Ciara Madden (aka @ciaralondon) is the definition of glute goals. One of the questions the PT, founder of Body By Ciara and head of sculpt at BOXR is asked most often? How can I build a booty like yours? It's not rocket science, she says – but it takes hard work. 'The glutes aren't just one muscle. To grow them, you need to target the entire muscle group: the gluteus medius, maximus and minimus.' The good news? You don't need heavy barbells or loaded leg presses to get this done – to start with, anyway. We got Madden to create an exclusive workout for *WH* to take you back to bum basics. Once you've nailed these moves, add weight. 'There's no point loading up until you've mastered the exercises,' Madden says. 'Weights vary for everyone. If you start with 10kg, for example, aim for 15kg in the next few weeks, and so on. Ready? Get a good playlist together, enjoy yourself and don't forget to breathe.'

### NEED TO KNOW...

- 1 | Perform this leg and glutes workout twice a week, Madden says, ideally with a full-body session and an arm workout on other days.
- 2 | Catch your breath between moves, but don't waste too much time on rest during the workout. 'Most of us live busy lives, with limited time to get to the gym,' she says. 'If you made it there, get it done. Rest after.'

## 01

### SQUAT HOLD

**Targets:** Glutes, quads, hamstrings  
**Do:** Hold for 1 min, repeat 3 times

(a) With your feet hip-width apart, tilt your pelvis backwards as you bend your knees and sink as low as you can into a squat. Hold for 1 min, focusing on keeping your weight in your heels, your chest up and shoulders back. Push through your heels to return to standing, shake it out, and as soon as you're ready, get back down.



## 02

### SQUAT JUMP

**Targets:** Glutes, hamstrings, calves  
**Do:** 3 sets of 20 reps

(a) Stand with your feet hip-width apart, bend your knees and push your bum back to sink into a deep squat. (b) Driving through your heels, explode back up into a jump before landing right back in that deep squat position (not standing upright – no cheating, now) and go again immediately.



PHOTOGRAPHY: PHILIP HAYNES. HAIR AND MAKE-UP: WENDY PETERLIN. STYLING: ADRIANA BISHOP. CIARA'S MAKE-UP: MIA AND SHOPS. BOTH GYPSYLAB. TRAINERS: CIARA'S OWN

# 03

## JUMP LUNGE

**Targets:** Quads, glutes, hamstrings, calves  
**Do:** 3 sets of 10 reps on each side

**(a)** Start in a wide lunge, making sure your back leg isn't directly behind you - keep your feet in line with your hips for increased stability.  
**(b)** Sink down into the lunge before jumping straight up, switching legs in mid-air to land back in a lunge with the other leg in front. Use a TRX for support until you feel comfortable enough to balance alone. When you're ready, add weights.

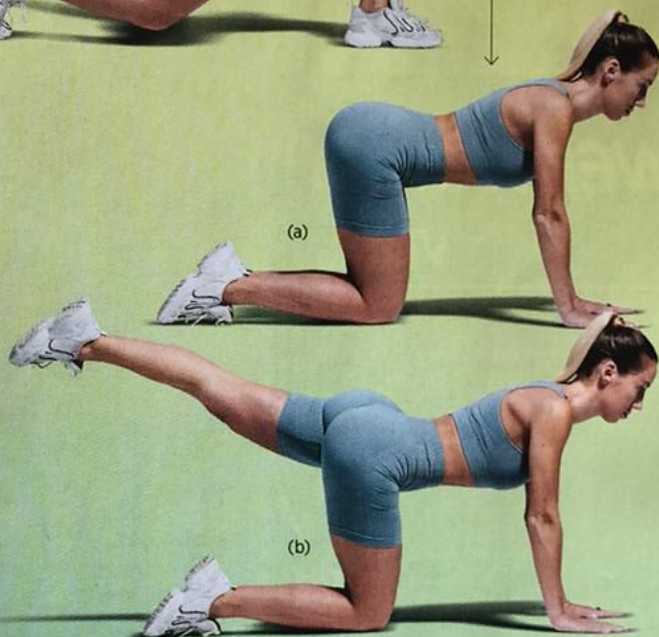


# 05

## KNEELING DONKEY KICK

**Targets:** Glutes, hamstrings, core  
**Do:** 3 sets of 1 min on each leg

**(a)** Start on all fours and, engaging your core, lift and straighten one leg out behind you, pointing the toe.  
**(b)** Pulse the leg a few inches up and down for 30 secs, then switch legs. It's a small movement, but your glutes are going to burn.



# 04

## PULSING CURTSY LUNGE

**Targets:** Quads, glutes, hamstrings, calves  
**Do:** 3 sets of 30 secs on each leg

**(a)** Start with your feet hip-width apart, then take a big step back on your left leg, crossing it behind your right.  
**(b)** Keeping your body upright, bend your knees until your right thigh is nearly parallel to the floor, and pulse a few inches up and down for 30 secs. Shake it out and switch legs.

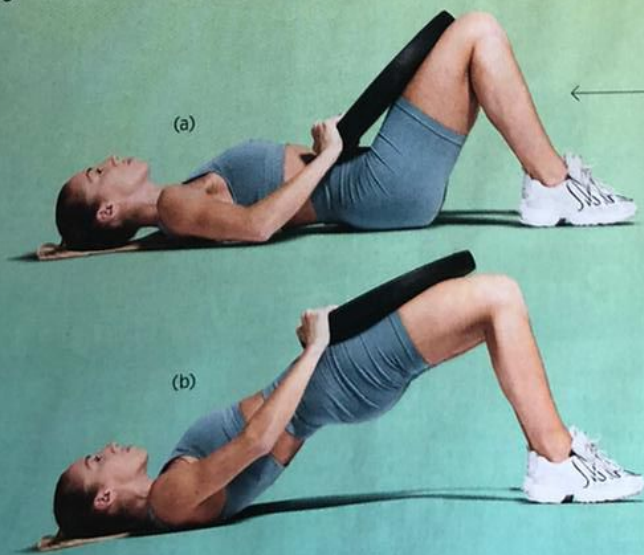


# 06

## HIP THRUST

**Targets:** Glutes, hamstrings  
**Do:** 3 sets of 1 min

**(a)** Lie on your back with your legs bent. Place a 10-15kg plate or weight on your pelvis.  
**(b)** Driving through your heels, raise your hips to thrust the plate up as high as possible, squeezing your glutes and pausing for a sec at the top before dropping back down. Continue for 1 min, then rest for a few breaths before your next set. **WU**



BEST BODY