

{BODY AFTER BABY}

# tone your butt & thighs

“Strong legs are crucial for everything you do, especially for squatting down to pick up your sweetie,” says Kristin McGee, a personal trainer in New York City. (That’s McGee with her baby below!) Have your doc’s okay? Do this routine one time through, three days a week, working up to two rounds each time.



**BALLET SERIES A.** Stand with Baby against your chest and facing away from you. Place heels together, toes turned out. Slowly bend knees and lower butt straight down in a plié; hold. **B.** Squeeze butt and inner thighs, return to standing, and do a relevé, lifting up onto the balls of your feet. Return to starting position. Do 15 to 20 reps.



**Get-fit hint!**  
Your back knee should be 5 to 8 inches from the floor.

**BACK-AND-FORTH LUNGE A.** Stand with feet hip-width apart, with Baby facing away from you. Step forward with your right foot and lunge, bending knees about 90 degrees. Push off right foot and return to starting position. **B.** Take a big step back with your right foot and do a rear lunge. Do 10 reps and then switch legs.



**BABY BRIDGE A.** Lie down on your back with knees bent and feet flat on the floor; place Baby on your hips, holding him with both hands. **B.** Curl tailbone up off the floor, and lift hips as high as you can; hold, squeezing your butt muscles. Lower back down to starting position, aiming to place one vertebra at a time on the mat. Do 15 to 20 reps.



**BABY SQUAT A.** With Baby against your chest, facing away from you, position your feet wide apart. **B.** Slowly bend knees and push your butt back and down as if you were going to sit in a chair; hold. Squeeze your butt muscles, press through your heels, and return to starting position. Do 15 to 20 reps.

“Trimming inches off your thighs will get you back into your favorite jeans,” McGee says.



**SEE THESE MOVES IN ACTION!** Launch the free Mom+ app on your phone and scan this page to watch a demo.