

Do You Want A Sexy Perky Butt?

How to build sexy perky butts and buns?

Do you know that whether you are a guy or a gal, one of your anatomies that are constantly being scrutinized is your butt? Many do say that a perky butt is one of the most attractive part of a human body. And don't you think it is? Certainly so!

Take a look at your own buns right now. Is it tight perky and strong or is it saggy and lumpy? Worse, is it without any tone and just hangs there like a piece of flesh just out from the butcher store? If you really want a tight and sexy butt that make heads turn when you are in a pair of tight jeans or in your bikini, read on.

Your butt consist of three muscles, the gluteus maximus, gluteus medius and gluteus minimus. The gluteus medius and gluteus minimus are the muscles on the sides of the hip that are used for the internal rotation of the thigh. The gluteus maximus is the largest of the three muscles and is used for hip extension, outward rotation, leg adduction and leg abduction. These muscles are collectively called the "Glutes".

Strong glutes helps us in our daily activities like climbing stairs or squatting to pick something besides looking good and sexy. These muscles are essential in sports activities. Strong glutes will power your participation in any sport, like cycling and especially in jumping sports such as football, volleyball, soccer, basketball and net ball.

If your glute is hanging and lump then there is a layer of fats covering the muscles. If that is the case, its simple. Just lose the fats by a combination of cardio, weight resistance exercises and a clorie restriction diet.

To have great looking strong glutes, weight resistant exercises must be included in your workout routines. For some people, exercises such as running up slopes, stair-master or step climbing will have good effect in shaping the buns. But to have that perky sexy butt, you will have to incorporate Squats, Dead lifts and Lunges which are fantastic butt shapers. All these exercises are described and picture illustrated in my ebooks "Burn Fat Build Muscles Fast".

So in a nutshell, you need to lose fats and build a well muscled glute in order to own a sexy perky butt that make heads turn and eyes glued to your bottom posterity. That isn't difficult. All you need is some commitment and determination on your part and you are already half way there.

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About the Author

Chris Chew is a personal trainer and count actors, pageant winners, models and other celebrities as his clients. He runs a fitness training school in Singapore at <http://www.sgfitnessonline.com> and is the author of "Burn Fat Build Muscles Fast." See his books at <http://www.sgfitness.com>