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Wish you could firm up your backside? If you're craving a tight, firm booty, weight training will be what helps get you there. Nothing is going to change the way your figure looks faster than some good weight lifting movements, so by learning the top exercises to include in your program, you can reach this goal in record time.

Let's go over the best butt blasting movements.

Step-Ups

To kick things off, you simply can't go wrong adding step-ups to your workout program. These are going to earn top marks for hitting the glutes, hamstrings, quads, and will even work the core to some extent as well.

All in all, they're great for both the home and gym workout, so almost everyone should be adding them to their workout program. The higher the step you're stepping up onto, the better.

Split Squats

Next, don't overlook split squats. These are yet another good movement for the glutes that will also stimulate all the other muscles in the lower body as well.

One of the best things about split squats is that because they throw the body so off balance, they'll work the core muscles to a much larger degree as well.

Plus, if you want to improve upon your balance and agility abilities, split squats will easily help you do so. This exercise does take a bit of practice to complete, so give yourself some time to get used to the movement pattern.

Lunges

The third movement that you should be doing as part of your workout program is the lunge. Lunges are fantastic for doing with a set of dumbbells or a barbell and can be performed stationary or walking instead.

Lunges will test your balance to a degree, however are slightly better for developing maximum strength when compared to the split squat above.

Do make sure that you fully challenge yourself while doing these, lifting as much weight as you can while performing 8-12 sets per set.

Uphill Walking

Finally, for those of you who want to include some cardio training in your workout program to help burn off the excess fat on the lower body that's preventing you from seeing good muscle definition and curvature, consider uphill walking.

Many people choose to run as their chosen mode of cardio training because they believe this is what will help them burn the most calories overall.

While it's true that running will burn a high amount of calories, it provides no resistance for your muscles to work against. Because of this, you're far better off using uphill walking instead.

This will work all the lower body muscles, especially the glutes that we're targeting, helping to add more shape and definition to this area of the body.

Plus, the good news as well is that at a steep incline, as long as you're doing a brisk walk, you'll still be torching calories up quickly as well.

So next time you're headed into the gym and want to work on your glute training, make sure that you keep all of these exercises in mind. Alternate between them for best results.

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