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### 3 Simple Butt Toning Moves (Drew Barrymore Does Them!)

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| posted by [Nora Zelevansky](#)

When it comes to [butt](#) dysmorphia, our self-criticism has a (pardon the pun) *wide* range: We look at our perfectly adequate bottoms and find them too big, too fat, too flat or -- in my case -- too nonexistent. But there is one issue to which we can all relate: The need for [tone](#).

The Bar Method -- a practice openly praised by loveable celebrities like Drew Barrymore and Ginnifer Goodwin -- is known most notably for its "seat" shaping/firming moves. (Barrymore was even quoted in 2008, saying that it "knocks your butt off.")



*This was taken just around the time Barrymore started Bar Method (back in 2004). She recently said that she's kept those pounds off since thanks to their classes and running.*

"The gluteus maximus are the biggest single muscles in the body -- they each span an entire cheek!" says Mimi Fleischman, Director of Bar Method West LA, Brentwood and West Hollywood. "That's significant because increased muscle mass speeds up your metabolism and working your seat is your best opportunity to create more muscle."

Bar Method is a total body exercise, but the practice -- which blends [ballet](#), [yoga](#) and [pilates](#) in an interval workout -- pays more homage to the back of the body (butt, core -- yup, that's in the back too) than most. Adds Fleischman, "We focus on what you may not see as often, but everyone else does."

Here, LA Bar Method coach, instructor and actress Kym Hoy demonstrates three amazing Bar Method

"seat" moves that you can do at home.

\*In place of a bar, you can use a dining room chair. Do all these exercises for 2 to 3 minutes on each side.



**Move 1: Pretzel\*\***

(\*\*Despite what the name might suggest, we're not promoting the consumption of large bags of salty carbohydrates.)

**The Position:** Cross one leg in front of you with knee bent at an almost 90 degree angle. Bend the other leg out behind you, also bent. It's important to keep your hip (the one connected to your back leg) rolled forward towards the floor and keep that knee lined up behind the hip. You'll know you're in the correct position if you can barely move.

**The Motion:** Now, in what can only be described as micro-movements, begin making little lifts up and presses back with your back leg, which will engage the glutes, as well as work the abs and whittle the waist.



**Move 2: Diagonal Seat**

\*\*\*This move is actually brand new To Bar Method!

**The Position:** This targets both your gluteus maximus muscles and your gluteus medius (a.k.a. that indentation on the side of the buttocks that you often see on ballerinas). Grab the bar or chair lightly with both hands, keep your standing knee softly bent. Point your working leg's toes toward the floor and keep your leg straight as you slide it behind you. Grip your glutes by tucking the tailbone under and then hinge slightly forward at the waist until you feel a catch. (It may not be very far forward.)

**The Move:** Again, the movement is small. Press the back leg up repeatedly in quick micro-movements, which will shape the tush, but also strengthen the hamstrings.



**Move 3:** Kneeling Seat

**The Position:** Lower down onto your knees, keeping them hips-distance apart. Grab the bar lightly with both hands. Make sure you have a thick blanket or mat that you can fold under your "standing" knee. Tighten your glutes again by tucking the tailbone and hinge slightly forward at the waist to engage your [core](#) and bottom.

**The Move:** Once again, with tiny movements that will prove harder than they might seem, press up and back with your working leg and repeat.

Do these exercises regularly and you'll have a toned butt to rival any other. You bet your bottom!

*More about [The Bar Method](#).*

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