

By Mike Andreula

# BUNS OF TITANIUM

*Get rock-solid glutes  
with these easy kickboxing moves!*

The word "titanium" might bring back some not-so-fond memories of your high school chemistry class, but we've taken a slightly different approach to defining this age-old alloy. The kickboxing class I teach at Club-KO in Hoboken, N.J., includes a section geared toward shaping the butt called Buns of Titanium, a phrase I use to describe just how solid your glutes should feel after trying out these moves.

It is difficult to find a workout that compares to this one in terms of burning calories, shedding fat, improving cardio fitness and creating muscularity. For women especially, kickboxing really helps to harden and shape the glutes. A lot of women who I instruct ask me how they can get a tighter butt. My answer to them is mastering the intense moves of kickboxing, especially if you stick to this unique combination of fat-blasting moves. In fact, doing a one-hour kickboxing workout can burn up to 800 calories, in addition to improving balance and flexibility while relieving stress.

PHOTOGRAPHY BY JASON T. JASKOT

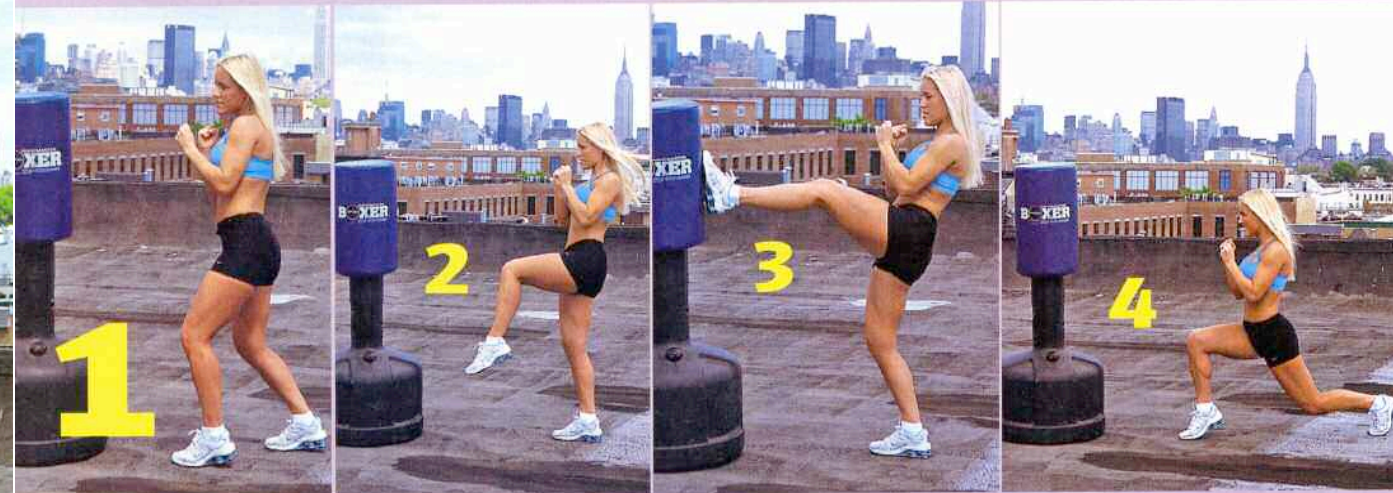
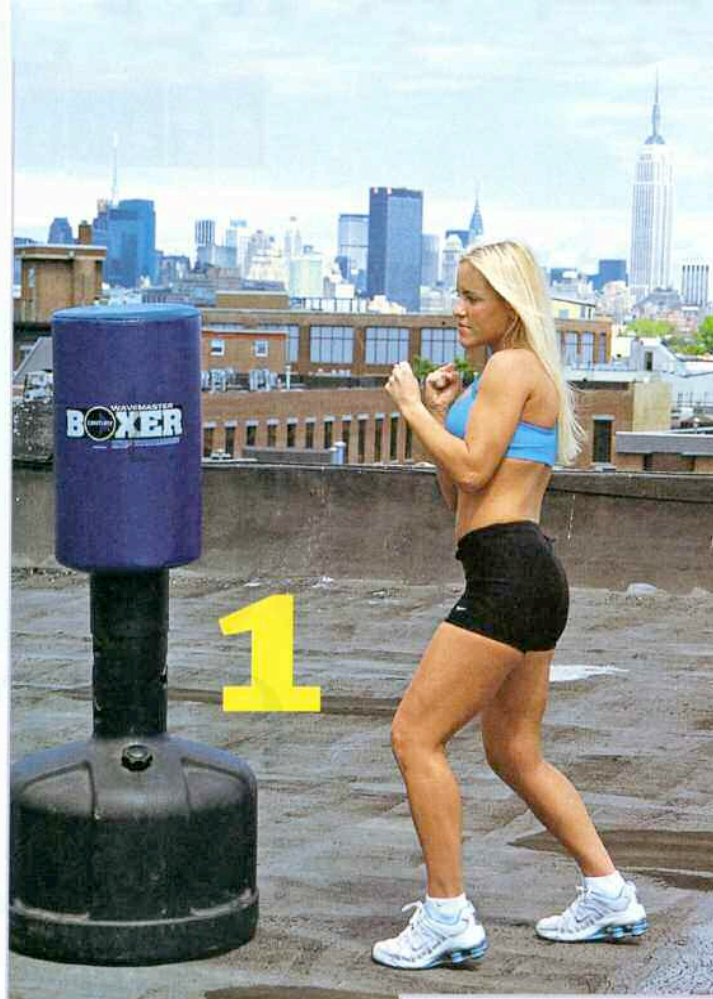


In this workout we will use a standing water heavy bag. If you don't have access to a bag, use a chair for stability while performing high kicks. Take your time when doing the exercises – you will get better at the moves as you practice them. I recommend you wear comfortable clothes (such as Everlast women's workout pants and boxing tees) so you will be able to perform the kicks with ease. It is also a good idea to sport cross-training sneakers during this workout, since you will be performing motions that require you to pivot and turn on your toes.

Be sure to warm up before starting the routine. I recommend that you skip rope for 5-10 minutes prior to the workout; if you don't have a jump rope, jogging in place or just jumping around will do. Once you feel your heart rate increase and you're ready to go, do a little stretching before you start, making sure to focus on your lower body, including your hamstrings, quads, glutes and calves. If your legs become fatigued and uncoordinated, you start to feel dizzy or you experience joint pain during the routine, stop the moves immediately. Still, with a little bit of hard work, you can reshape and tone your tush for good!

Mike Andreula is a top instructor and manager of Club-KO in Hoboken, N.J., the largest kickboxing facility on the East Coast, boasting over 70 heavy bags and classes seven days a week. Club-KO has locations throughout New Jersey and New York; visit clubkogyms.com for more information. Andreula is available for personal training sessions and one-on-one classes. For more information e-mail him at mike@clubkogyms.com or call 201-963-7774.

*Mike Andreula takes our model through the steps of a glutes-tightening workout.*



### FRONT KICK INTO A LUNGE

The front kick can be broken down into three steps. Remember to keep your upper body tight. Begin by standing with both feet on the floor. Pull your left knee up into the front chamber position at waist level. Next, extend your left leg forward, using your foot to strike the target with either the ball of your foot or your heel. From there, retract your left foot and bring it behind you into a lunge. Remember to keep good upper body posture with your back straight and abs tight. Perform 20-30 reps for each side.

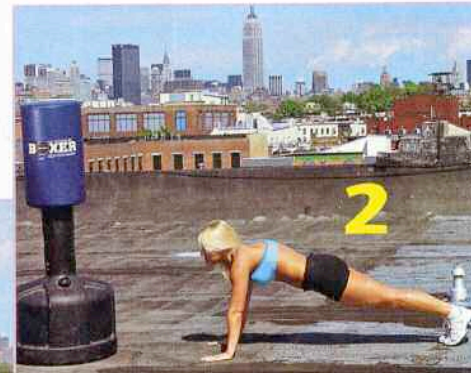
### ROUNDHOUSE KICK INTO SQUAT

This kick-into-calisthenic combo can be fun and very effective at the same time. First, you are going to start with the kick. It is important to make sure your upper body is upright, with good posture. The most important step in this kick is the initial first step. You must determine which side you're going to strike with. Begin standing with your feet shoulder width apart. Step forward with your left foot, shifting your weight to the ball of your left foot. Your right knee should be bent. Now bring your left leg into a side chamber position (the chamber position is used to disguise your kick but, more importantly, to keep your body balanced). Extend your leg out, striking with the instep of your foot. Your right foot should pivot as needed to relieve stress on your knee. Then perform the movement in the reverse order until both feet are back on the floor. Keeping your head up and back flat, squat down until your thighs are nearly parallel to the floor. Press back up to the standing position, pause to squeeze your thighs, hamstrings and glutes, and repeat the movement with the opposite leg. Perform 20-30 reps for each side for a tighter butt!



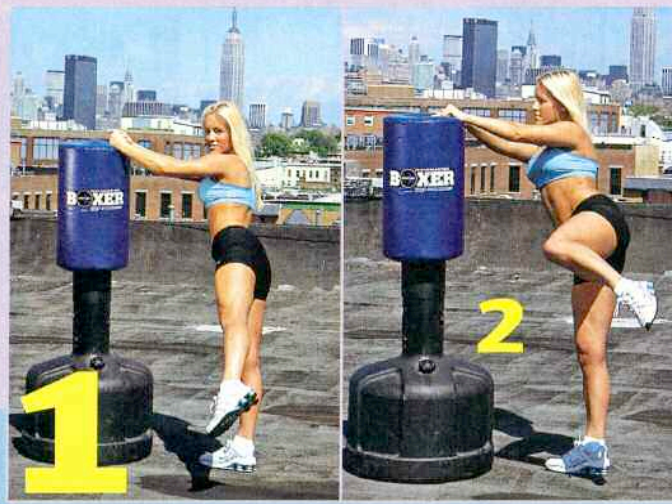
### SQUAT THRUSTS

Stand with your back straight and feet shoulder width apart. Perform a squat, dropping your hips down until your thighs are parallel to the floor. From there, place your hands on the floor and jump back with your legs into a push-up position. Perform the push-up, then jump back into the hands-down squat position. Stand up fully and repeat. Always remember to keep your back and upper body tight. Perform three sets of 20 repetitions.



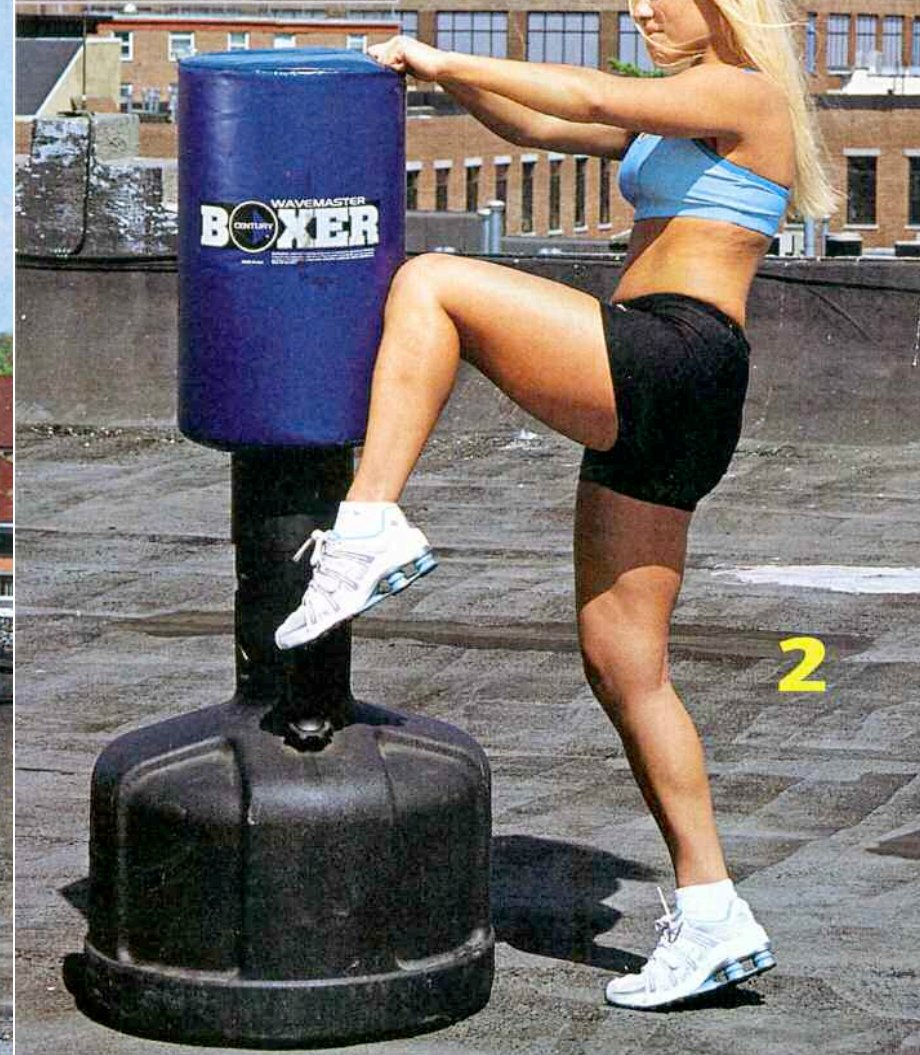
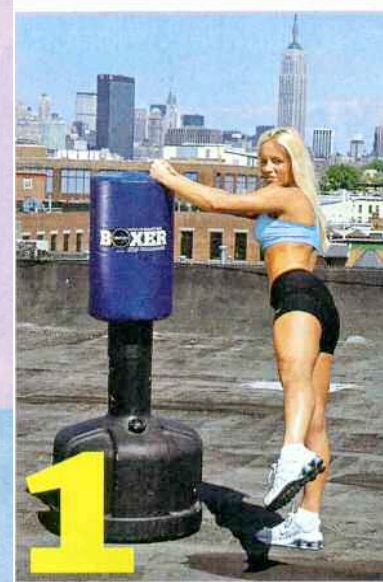
### KNEE INTO BACK KICK

Use the bag or a chair to stabilize yourself. Bring your left knee in toward your chest, so it's between you and your bag or chair. Squeeze your abs and obliques. Now straighten your left leg while kicking backward; squeeze your glutes, hamstrings and thighs. Pull your leg back in and repeat for three sets of 20-30 reps for each side.



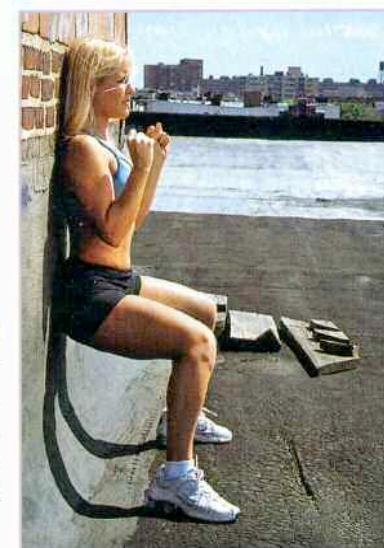
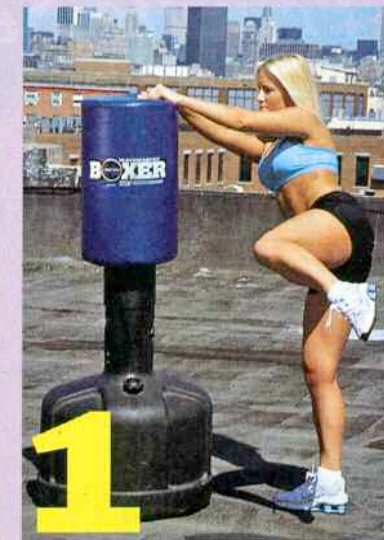
### SIDE LEG RAISES

Use the heavy bag or a chair to stabilize yourself. Lift your left leg up along the bag or the chair's side slightly past parallel. Bring your leg back down and repeat. Perform three sets of 20-30 repetitions on each side.



### ROUNDHOUSE HOLDS

Use the heavy bag or chair to stabilize yourself. Lift your leg into the side chamber position. Extend your leg out from the knee, straighten your leg and hold for four seconds. Lower your leg and repeat. Do three sets of 20-30 reps per side.



### WALL SQUAT

Begin standing with your feet shoulder width apart. Lower yourself into the squat position until your thighs are parallel to the floor. Keep your shoulders and back pressed against the wall. Make sure your butt is as low as if you were sitting in a chair, or even lower for a more advanced workout. Move your heels so that they are facing outward; this will place all the tension in your butt. Perform three one-minute holds. ★