



Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

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how to get a great BUM

Want the kind of tush that could break the internet? We take you there in five easy steps

1 DROP IT LIKE A SQUAT

You can vastly improve the shape of your bum by performing squats two to three times a week, says celebrity personal trainer Neil Russell (atleta.com.au). "The key is not to take your stance too wide – keep it at hip distance or slightly wider otherwise you will recruit your adductors [inner thighs] rather than your glutes [butt]," he says. Start with 3 x 15 repetitions, then begin to add weights.

2 LOVE YOUR JUICER

Drinking two cups of fresh vegetable juice (made up of 80 per cent vegies) every day with some fruit added can make a huge difference to how you look and feel, says Ricardo Riskalla, IMG Models's trainer and nutrition expert (rawfit.com.au). "I always recommend foods that are unprocessed, raw and certified organic – so plenty of salads and lean proteins with a side of green juice." He says juices high in celery, cucumber and lemon help reduce fluid retention.

3 REDUCE SALT

Eliminating excess sodium from your diet is

important for shaping your derrière, says Riskalla, who explains the reduced fluid retention from doing so will also mean "reduced bottom". Avoid adding salt to meals and high-sodium foods.

4 PLAN AHEAD

Avoid "deadline takeawayitis" by spending 10 minutes each week planning your meals and keeping your fridge stocked with fresh foods and snacks because "failing to plan is planning to fail", says Jordan Ponder, founder of Transform Health (transformhealth.com.au). "Having small, healthy snacks, such as boiled eggs, cut-up vegetables, fruit and frittata muffins, always at the ready will keep you from making bad dietary choices."

5 RUN LIKE YOU STOLE IT

Don't underestimate the power of running, says Ponder. "Aim for two to three sessions a week, mixing up your runs to include long and slow, short and fast, and hill sprints." Runs of 30 to 60 minutes are recommended, but if you find this difficult, start by walking and adding little runs between particular buildings or light posts. □