

The **booty**
bootcamp

*Expert tips & exercises
for a fabulous
bottom*

by

Sarah Maxwell & Jacqui Ripley

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The opinions and advice expressed in this book are intended as a guide only. If you have a medical condition or are pregnant, the diet and exercises described in this book should not be followed without first consulting your doctor.

The authors accept no responsibility for any injury or loss sustained as a result of using this ebook.

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About the authors

Sarah Maxwell

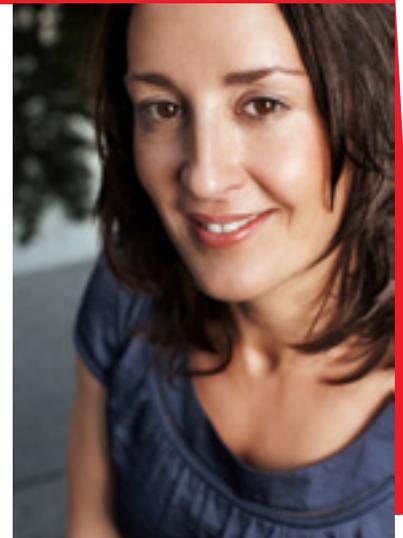
A PROFESSIONAL PERSONAL TRAINER with over 20 years of UK and overseas health and fitness experience, she is now recognised as one of the top fitness experts in the UK today.

As an accomplished teenage athlete, Sarah has a personal understanding of the needs of elite level clients but finds most enjoyment from helping the average woman find fulfillment through a healthy balanced lifestyle. Her approach to fitness has attracted industry interest due to her philosophy that there is no such thing as a perfect body. People shouldn't push for perfection they should set realistic and achievable goals.

Having learned to fit exercise around her daily routine whether in the kitchen cooking her children dinner or in the park walking her dogs, Sarah shares her philosophy passionately. Sarah's mantra is do what you can, when you can and feel good about what you have managed to achieve. She is currently NIVEA's International fitness and lifestyle expert and Reebok Fitness Ambassador. Sarah is married with two children.

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Jacqui Ripley

HAVING WORKED AT AND WRITTEN FOR WOMEN'S MAGAZINES AND PAPERS for over 20 years, Jacqui has written hundreds of health, fitness and lifestyle features contributing to titles such as Glamour, Elle, The Guardian, The Sunday Express, Zest, Cosmopolitan and Psychologies.

In 2003 she had her first book published, *Celebrity Style Secrets* which was followed by seven more, namely *The Makeover Book*, *The Ultimate Girls' Night In* and *The Grown Up Girl's Guide to Life* all published by Piatkus. *How to be a Beautiful Bride*, *Getting Gorgeous*, *Thank you for being my Mother* and *Love Tokens* are all published by Ryland Peters & Small. A qualified life coach, Jacqui writes the much read beauty blog, *Dolly Mixture* and splits her time between writing and brand consultancy. She is married with one son.

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We couldn't help but feel a little bit chuffed from the feedback we received on our flat tummy book. Here are a few of the many comments...

I'm 48 years old and have three children. I bought the tummy book over a year ago after reading about it in a magazine. I'm not very good on the computer and have never bought an ebook before, so was a bit scared to buy it in case I messed it up! I wanted to write to say thank you to both experts - the way everything was explained was fantastic, it made me feel normal, understood and not patronised. I am doing the exercises and have changed my eating habits. I'm now 12 kilo's lighter and my tummy is almost back to what it was all those years ago pre-pregnancy. **JANE, READING**

Great book, non patronising, simple to understand and quite frankly fantastic! I was really surprised at the quality and layout, especially as it was such a good price. I have bought ebooks before and they have been nothing like this! **ANN, MANCHESTER**

I downloaded this ebook for my wife (I thought she was going to kill me) she had been moaning about her stomach after the kids, and mine was out of shape too! We both followed their advice for four months, and were blown away by the results. We both feel sexier and healthier as a result. Thank you. **GEOFF, NEWCASTLE UPON TYNE**

I've always started out with good intentions with diets and exercise, but never seem to reap the results as I always give up. I loved this ebook because it was written in a chatty style and understood I couldn't put in the time and effort like Madonna! Six months on, my tummy is toner and my diet healthier. I loved all their lifestyle tips too. **ABIGAIL, LONDON**

introduction

Hello ladies and welcome to our second ebook. Our first ebook, The Little Exercise Book for a Flat Tummy was received so well, we thought we'd tackle another trouble zone and give you the know-how and motivation to help you shape up your rear view. Just like the tummy, the bottom is a part of the body that's linked to self esteem, and if you are not prepared to put in some work, can easily slide southwards with too much sitting around and one eye off healthy eating.

Paranoid backward glances in the mirror have fuelled a multi million pound industry in the selling of lotions and treatments that all profess to shape up a sad looking posterior. But sorry girls, although we wish we could wave a magic wand and your butt would be world class, you really do have to kick some ass if you want a bum to be proud of

However, saying that, a great looking bottom doesn't have to fit into the palms of your hands to be considered sexy. Any size will do in our eyes, just as long as it looks toned and stays perky! More than our tummies, we use our bottoms to seduce. After all, it was said Marilyn Monroe used to lop half an inch off of one of her heels to perfect that infamous wiggle, but for most of us, the only thought we have of our bottom is covering it up with a sweatshirt tied at the waist. It's even become a fashion thing! But really, who wants a droopy derriere when you can have one that looks gorgeously pinchable.

Well, this ebook aims to change that. We want you to feel proud of your bum, not shameful – whether you choose to show it off in a pair of Daisy Duke hot pants or a great booty skimming pair of jeans. Here we give you your first steps on getting a wobbly and dimpled bottom firmer and your skin tone smoother. We don't profess it's going to be easy – some of the exercises will make your bum and legs ache, but stick with it and the results will begin to speak for themselves. And if you work in our healthy eating rules, before long you won't recognise yourself from behind. What better motivation do you need?

Love

Sarah & Jacqui

BUM NOTE: We hope you like the exercise pictures. They were taken whilst Sarah was on holiday – proving you can do these moves anywhere!

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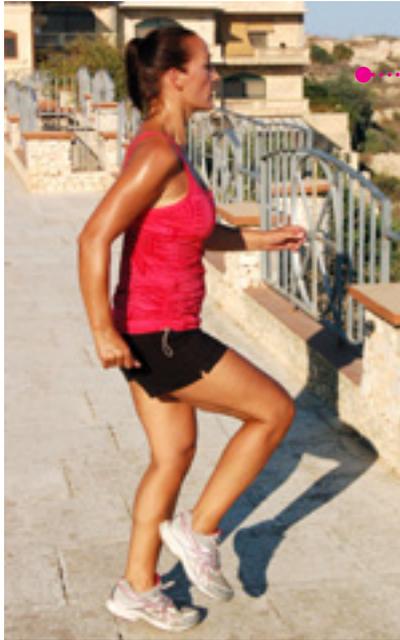
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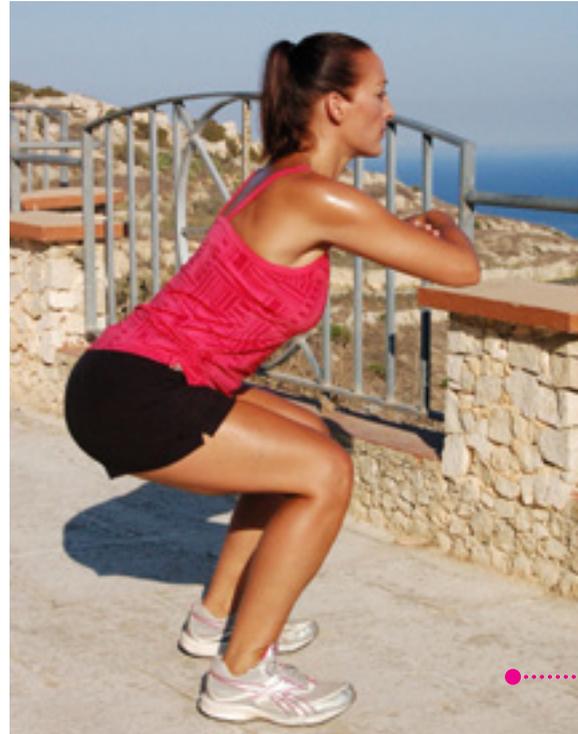
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Day one



WARM UP:

Jog or dance on the spot for 2-3 minutes moving your arms as fast as you can.



SQUATS: Standing with feet hip/shoulder width apart, pull in abdominals. Keep them pulled in as you bend your knees, slowly squat down as if you were going to sit on a chair. Hold the position for 3-5 seconds and return to the starting position, squeezing your buttocks together as you go. Always keep knees in line with the toes. If you see that your knees are beyond your toes, you must correct your position. Start with 8-16 repetitions. Ensure that you keep as much weight on your heels as possible. Squeeze buttocks together as you return to the start position. This will maximize toning in that area.



LEG EXCHANGE: (alternate legs) Stand with feet together. Crouch down and place your hands on the floor next to your feet. In an explosive movement, jump feet backwards, one leg at a time into a push-up position, jump feet back between hands.

REPS: 16 (8 x each leg) or continuously for 20 seconds.

CALF RAISES: These can be done free-standing or holding onto a chair. Stand with your feet shoulder-width apart. Slowly lift both your heels at the same time.

REPS: Complete 8-16 raises and finish by holding at highest point for 2/3 seconds. Rest for 10 seconds and repeat twice more.

