How Baby Got Back

Want the secret to getting a bigger, shapelier boo-tay? Read on.

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For those who desire a larger, rounder butt, the go-to exercise is squats. According to many fitness experts, this basic movement is one of the most effective backside-building activities there is.

To achieve the desired results, from a standing position, lower your body while bending your knees. As you sink down, stick out your butt, as if you're preparing to sit on a chair. The key to correctly—and safely—executing the squat is to shift your weight ever so slightly onto your heels while you're descending. (You'll know you're performing the exercise right if your toes lift just a little.) Squat as low as you can without losing your balance.

Your back should be straight and your thighs horizontal to the floor. Your bent knees should not extend past the tips of your toes. Keep your chin up, and look ahead. Rise, and squat again for as many repetitions as you can.

Remember Melyssa Ford? She's the former video model turned reality show star of Blood, Sweat & Heels famed for her bountiful bum. Says Ford on Twitter, "Ladies! Squats will change your life, believe me!"

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