


Fitness

Sponsor Tip

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Check This Rear View

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We got a rear-firming workout with Reebok's EasyTones

Last month, we tried on a pair of **Reebok EasyTones**, the crazy-popular, tush-tightening sneakers, and were knocked off our feet by how they amped up our workout (check out the exercises [here](#)). **Just half an hour in EasyTones with Reebok trainer Yumi Lee** --who's sculpted hot bodies including Brad Pitt and Demi Moore--**worked our glutes and hamstrings harder than we're used to feeling in an hour at the gym.**

Grab her [EasyTone workout](#).

And take these tips:

Apply pressure. Each EasyTone has balance-ball inspired technology, challenging your key leg muscles as you work not to wobble. Press evenly into the ball and heel during squats and lunges (pictured), and you'll get your booty working.

Make it steep. EasyTones work even harder on hills. Boosting the incline on the treadmill while lowering the speed gets the legs and glutes burning fast.

Go slow. Concentrating on balance while pushing down into the EasyTones will work muscles harder than racing through the exercises.

Looking to get even more out of your **EasyTones**? Check out this [exclusive ReeTone Exercise Guide](#) brought to you by Reebok.

Easy does it.

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