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Exercises For Cellulite: Can Exercise Get Rid Of Cellulite?

Cellulite is those unattractive bumps and lumps you find on your thighs, upper arms, stomach, and buttocks, as you grow older. Many women have found that incorporating exercises for cellulite into their routine can help to reduce the appearance of these bumps.

Although exercise doesn't get rid of the problem it does reduce the appearance by toning and strengthening the muscle beneath the skin. Other benefits from strength training are prevention of osteoporosis (another issue which affects more women than men), improving circulation and decreasing the risk of heart attack and stroke.

No matter what the cause or how it's developed, if you have it you probably want to get rid of it. American women spend millions of dollars each year on various products and treatments, both at home and at the doctor's office, to get rid of these dimples and cottage cheese looking skin on the thigh, legs, arms, buttocks and stomach.

One low cost and somewhat effective treatment that can be done at home for mild and moderate forms of cellulite are cellulite exercises. These exercises increase the muscular tone beneath the skin and potentially also decrease the fat deposits. Doing an exercise routine to reduce cellulite includes cardiovascular exercises as well as spot muscle exercises.

Below are some spot cellulite exercises that you can use to help you reduce the appearance of cellulite in your buttocks, thighs, stomach and upper arms. Research has shown that cellulite exercises done at the gym are better able to isolate the necessary muscles. These can be done at home but watch your posture and form closely so that you isolate the appropriate muscles. Also, include stretches after the exercises to increase the effectiveness of the workout.

1. Lying on your side do 10 repetitions of each and then switch sides:

- a. Bring your knees forward; your hips should be at a 90 degree angle. Straighten your top leg out in front of you; you should uphold the 90 degree hip placement. Lift the top leg slowly up around 3 feet off the ground and then lower.
- b. Straighten your legs; your body should be in a straight line. Tilt your hips forward a little. Lift your top leg around 3 feet off the ground and then lower.
- c. Position your top leg in front of you on the ground. Move your bottom leg forward a little. Lift the bottom leg eight to twelve inches off the ground and down.

2. Seated leg curls followed by seated hamstring stretch. This will increase muscle strength in the hamstring area – back of the thighs. Keep your back straight and against the backrest of the machine or a chair if being done at home.

3. Leg extensions followed by standing quadriceps stretch will improve your quad strength and the muscles beneath the skin of the upper thighs. Do not point your toes and support the weights or band on your ankles.

4. Hip adduction exercise works the inner thigh muscles and lower abdominal muscles. Start with 10-15 repetitions followed by a groin stretch.

5. Hip Abduction is the opposite of adduction – working the outer thigh muscles and lower abdominal musculature. Do 10 –15 repetitions followed by stretches of the external thigh muscles.

6. The leg press works the buttocks, thighs, hamstrings and calf muscles. Do 10-15 repetitions and end by drawing your knees to your chest and stretching out your lower back.

Don't forget to warm up before all cellulite exercise workouts and include a cardiovascular portion to your exercise. Combining stretches and strength training helps to reduce the appearance of cellulite in your legs, arms, stomach and buttocks. You'll be heading out to the beach and wearing those shorts and sleeveless tops again before you know it!

Want more fantastic cellulite reduction tips? Longing for that slim, sexy, head-turning body you want and deserve?

[Get the "Cellulite Cure" package and uncover the real truth about cellulite revealed by a genuine fitness expert, and finally start seeing the results YOU deserve.](#)

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