The start of a new year means the start of a lot of things for most of us. It also means trying to leave some stuff in the dust as you kiss the previous year goodbye. I figured what better way to leave 2014 behind than with a better “behind”. Below I have come up with five all-new moves to get you that 2015 booty and legs you crave!

**1. Squat Step-Up**

**A** Sit back into a squat so that your knees are over your toes and thighs are parallel to the ground. **B** Engage the Glutes and Quads in one leg while standing up and at the same time bringing one knee up toward your chest. Squat back down and repeat on the opposite side.

Quantity: 3 sets of 12 squats

Tip: If you get in a rhythm it will make the transiting from leg to leg a lot easier!

**2. Calf Raise**

**A** Stand balancing on one leg, the other leg should be bent to 90 degrees at the knee. Feel free to hold onto a bar or wall for support. **B** Slowly lift the heal of your foot so that that you’re on your toes, then lower back down.

Quantity: 3 sets of 12 per side

**3. Sumo Calf Raise**

**A** Find yourself in a long and low sumo squat, feet turned at about 45 degrees. **B** Slowly lift and lower your heals so that you come on and off of the toes. **C**Shows the proper placement of your feet.

Quantity: 3 sets of 12

Tip: Rest your back against a wall for stability

**4. Waist Whittler**

**A** Lay on one side, legs stacked, with the bottom one bent slightly. **B** Lift the top leg as high as you can while pointing your toe and squeezing your Glutes at the top.

Quantity: 3 sets of 12 per side

Tip: If you contract (flex) your abdominal muscles throughout this entire range of motion, you can get a pretty insane ab workout in too -- hence the “waist whittler” name!

**5. Donkey Kick**

**A** Start off on all fours, knees about 4-inches apart. **B** Bring one knee forward toward the opposite elbow. **C** Immediately kick your leg back and upwards. **D** Complete the full set on one side before doing the other.

Quantity: 3 sets of 12 per side

Are those legs and buns feelin’ good or what? Practice this circuit a couple times a week, and say sayonara to your last year derrière! Be sure to post progress pics with [#FNLfit](http://iconosquare.com/tag/fnlfit" \o "#FNLFit on Instagram " \t "_blank)!