

What are the best moves for reducing cellulite?

That's a tricky one, because there really isn't a magic move that will do the trick. However, by increasing your muscle mass (especially in the legs) - you will have less fat and the muscle will plump up the tissues closer to the skin and smooth out the appearance. You aren't going to "bulk" your legs by doing strength training though. Even if you gain muscle, you are just replacing some of the fat (and cellulite) with muscle tissue. It's not going to be larger, it will just be less lumpy and stronger! Do squats, lunges, inner and outer thigh leg lifts (on the mat) and other moves to target glutes and legs. Also, watch your diet - make sure you aren't eating too much fat (healthy fat is ok) and avoid sugar and sodium. Cardio helps too, because it will help burn fat...which is what you want. But, to spot treat the legs, glutes or wherever you have the cellulite - I would focus on strength training those areas a little more.