



Photo: Sabrina Larios / HBO Max

WELLNESS

Heated Rivalry's Hudson Williams Talks About His Best Asset

BY MARGAUX ANBOUBA
December 17, 2025

"I want a *Heated Rivalry* ass."

That was the first thing I said to my trainer when we met at Equinox yesterday for our biweekly session. I'd just finished episode three of HBO Max's viral gay romance series, and the star hockey players at its center may just have the most jaw-dropping bodies that have ever graced a streaming platform.



Vogue Beauty

The biggest beauty stories, trends, and product recommendations.

SIGN UP

By signing up, you agree to our [user agreement](#) (including [class action waiver and arbitration provisions](#)), and acknowledge our [privacy policy](#).

I'm not the only one inspired by what I've seen: Fans have been posting oogling odes and [glutes routines](#) inspired by the backsides of main characters Shane Hollander (played by Hudson Williams) and Ilya Rozanov (Connor Storrie) since the show premiered last month.

ADVERTISEMENT



Ready for a New Style Era? Why Selling on eBay Helps You Evolve Your Wardrobe

From Clutter to Clarity: Vogue Writers Share Their Closet Reset Rituals on eBay

SPONSORED BY EBAY

LEARN MORE

In a way, Williams saw this coming. "When I got the audition, I was like, *fuck, if I get this role a lot of people are going to see me naked*," he recently told *Vogue* over Zoom.

RELATED VIDEO

What's In Law Roach's Birkin Bag? Chips, High-Tech Glasses, and His Own Book



Although he was in "pretty good shape" already, landing the role of Shane demanded sweeping changes to his routine. They began with his diet. "The first time I saw Connor, I was amazed by how muscular he is," Williams confesses. "I just started pounding the protein, eating as much ground beef as possible, and through the process I gained 10 pounds of really lean muscle." Chicken thighs were another important addition.



Then came the workouts: Suddenly, he was exercising six days a week, plus taking hockey lessons. (Rather than work with a trainer, Williams mostly followed the advice of kinesiologist friends at the gym.) So, to what does he owe the *derrière* that fans can't stop talking about? "The *Pitt Shark* will change your butt immediately," he says, referring to a monstrous-looking glutes machine. "It takes all the pressure off your back so your butt is just being ripped apart." Also in rotation were weighted hip thrusts (something my trainer had me try—*very* intense) and Romanian dead lifts.

Now, he considers himself a bit of an ass expert. "Hip thrusts are amazing for growing your butt *out*, while RDLs are key for growing that bottom part *out*," Williams offers sagely. "If you want to grow your butt out sideways, not just get a long butt, you should do banded walks and abductor exercises." Noted for my next gym session.

He has only one regret about his *Heated Rivalry* prep: that he didn't start sooner. "Unfortunately, when we filmed that first shower scene, I hadn't had a chance to train that much yet," Williams says. "My butt got so much bigger, and we never filmed me from the back again. I need to really show it off in season two."

More Great Beauty Stories from *Vogue*

- [The Best Haircuts to Try if You Have Thin Hair](#)
- [Mila Kunis's Secret to Quicks, Super-Snatched Glam](#)
- [The 10 Main Types of Manicures, Explained](#)
- [Taylor Swift Heralds the Return of a Very Millennial Hairstyle](#)
- Sign up for [Vogue's beauty newsletter](#) to receive the insider's guide to all things beauty and wellness.
- The Vogue Runway app has expanded! [Update to the latest version](#) to see all *Vogue* content, as well as new features like our Runway Genius quiz, Group Chats, and posts from *Vogue* contributors.
- [Become a Vogue Business Member](#)—the ultimate resource for fashion and beauty industry professionals.

Margaux Anbouba has asked a lot of questions since she was a little girl. Sometimes it can be kind of annoying, but it's also a fantastic asset as *Vogue's* senior beauty and wellness editor. She loves to get lost in long conversations with cosmetic chemists about which mineral sunscreen feels ... [Read More](#)

Senior Beauty & Wellness Editor

Topics Wellness

Vogue Beauty

The biggest beauty stories, trends, and product recommendations.

SIGN UP

By signing up, you agree to our [user agreement](#) (including [class action waiver and arbitration provisions](#)), and acknowledge our [privacy policy](#).

READ MORE

BEAUTY
The Best Hair Color for Older Women Tones Down Grays to Revive Shine
BY JENNY BERG

BEAUTY
How to Apply Eyeliner to Hooded Eyes, According to the Pros
BY IMAN BALAGAM

SPONSORED CONTENT
Enter Your Daydream With Prada's Explore Bag
SPONSORED BY PRADA

OPINION
I Want What They Have: Jennifer Aniston and Jim Curtis
BY EMMA SPECTER

TV & MOVIES
7 of Rob Reiner's Greatest Films
BY EMMA SPECTER

FASHION
Coach Handbags 101: A Guide to Shopping Its Iconic Bags, From the Empire to the Brooklyn
BY ANDREA ZENDEJAS

FASHION
How to Ace the Subtle Art of the 'Olsen Tuck' This Winter
BY CORTNE BONILLA

FASHION
The 55 Best Dressed People of 2025
BY VOGUE

NAILS
These Are the 8 Best Beauty Trends of 2025
BY AUDREY NOBLE

CELEBRITY BEAUTY
Blake Lively's Guide to Holiday Gifting for Friends, Family, and Ryan
BY MARGAUX ANBOUBA

CELEBRITY BEAUTY
(Almost) New Year, New Hair for Hailey Bieber
BY MARGAUX ANBOUBA

FASHION
The Results Are In: These Were 2025's Top-Shopped Handbags
BY CORTNE BONILLA



VOGUE

The latest fashion news, beauty coverage, celebrity style, fashion week updates, culture reviews, and videos on Vogue.com.



MORE FROM VOGUE

- NEWSLETTER
- MANAGE ACCOUNT
- VERIFY SUBSCRIPTION
- CONTACT US
- FAQ
- ABOUT VOGUE
- CAREERS
- PROJECTS
- VOGUE ARCHIVE
- FORCES OF FASHION
- VOGUE COLLEGE OF FASHION

SEE MORE STORIES

- FASHION
- BEAUTY
- CULTURE
- LIVING
- RUNWAY
- SHOPPING
- MAGAZINE
- GIFT GUIDES
- BEST OF SALE
- CYBER MONDAY