



"Empower your body, strengthen your soul."

### BOOTY & ABS – DAY 1

Exercise	Sets	Reps	Trainer Notes
Glute Bridges with weight	4	20	Squeeze the crap outta your glutes each rep
Sumo Squats with weight	3	20	
Stability Ball plank hold	3	30 sec	Place forearms on stability ball
Walking lunges with med ball twists	2	20 walking steps	<a href="#">SEE EXAMPLE HERE</a>

### BOOTY & ABS – DAY 2

Exercise	Sets	Reps	Trainer Notes
Bosu ball single leg glute bridges	3	20 each leg	
Romanian Deadlifts with weight	3	20	Make sure to push thru your heels and hamstrings. Really squeeze butt at the top
Bosu Ball mountain climbers – slow and controlled	3	20	Blue side of ball on ground – you place hands on the black flat side where handles are
Reverse Lunges to kick	3	20	<a href="#">SEE EXAMPLE HERE</a>

### BOOTY & ABS – DAY 3

Exercise	Sets	Reps	Trainer Notes
Banded Side walks	3	10 each way	Place band around mid-calf
Banded kick backs & Banded side kicks	3	20 each leg	Place band around mid-calf
Hamstring curls with stability ball	3	20	Keep hips high while performing this move. Don't let hips drop
Bicycle Crunches – slow and controlled!	3	20	Really concentrate on the oblique squeeze with each rep