

LOWER BODY WORKOUT

BOOTY BURNER



Get those glutes firing! DO NOT take any rest in between each exercise and trust us you will feel the burn! Are you up for the challenge?

For this workout all you will need is a resistance band of some kind. Complete 4 rounds in total.

WARMUP

- 5 x walkouts
- 10 x double sided BW bridges
- 5 x single sided BW bridges (each side)

WORKOUT

- 1 12 x single leg glute bridge (each leg)
- 2 12 x double leg glute bridge
- 3 12 x banded pulse squats
- 4 12 x banded lunge to curtsey lunge (each leg)
- 5 12 x banded squat to side kick
- 6 25 x side lying clams (each side)

COOLDOWN

- Childs pose, hold for 10 to 15 seconds
- 5 x back extensions
- Hip flexor stretch, hold for 10 to 15 seconds
- Glute stretch, hold for 10 to 15 seconds