



GETFIT. GO FIGURE!

SUPER BOOTY BUILDER WORKOUT!

My top butt building
workout



Work your way to a curvaceous twerkable bootay!

Do:

Push hard.

Lift on a scale of about an 8-9 out of 10 effort on most sets (stopping about 1-2 reps shy of failure) and going to complete failure on the final set leaving NOTHING in the tank.

Choose a weight that challenges you.

Do the following exercises with a weight that challenges you within the specified rep range. If you can lift more than the rep range, you need a heavier weight.

Impeccable form and posture above all!

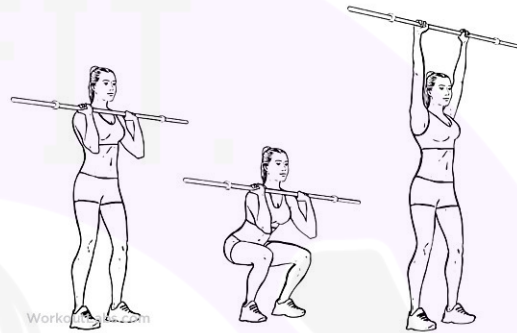
Make sure you have excellent form!

Super Booty Workout

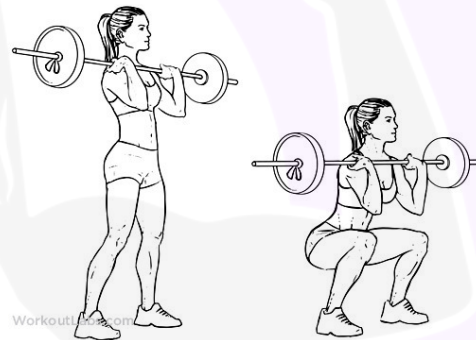
The warm up

Do this as a circuit with a lighter weight barbell. Never set the bar down until rest.

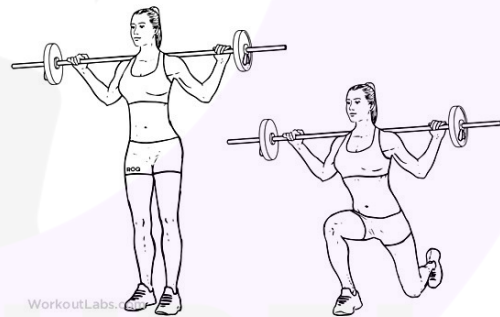
Push Press: 5-8 reps



Front Squat: 5-8 reps



Alternating reverse lunge (bb on back of shoulders): 5-8 reps



Back Squat (bb on back of shoulders): 5-8 reps



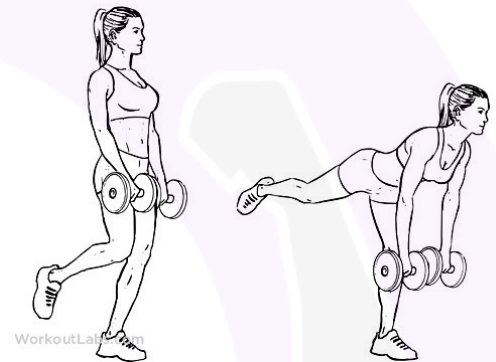
Rest & Repeat circuit 2 more times

Super set #1 3 sets

Goblet Squat 10-20 reps



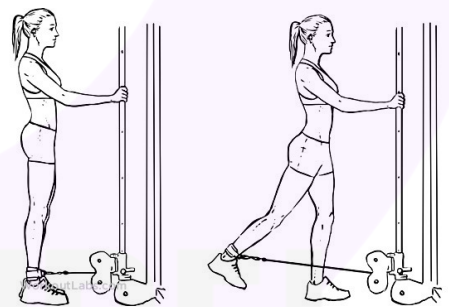
Single Leg Straight Leg Deadlift 10-20 reps



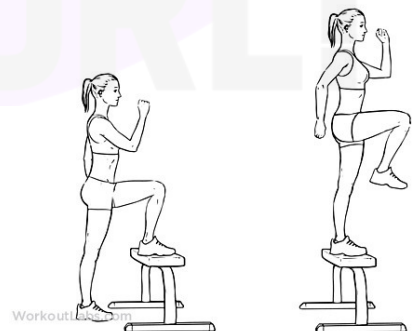
Rest. Repeat 2 more times.

Super set #2 3 sets

Cable Kick Backs 10-20 reps
(1 full, 1 top half = 1 rep)



Pump Step Ups 30-60 seconds each leg



Rest. Repeat 2 more times.

Burnout Finish 2 sets

Hip Thrusters to absolute failure each set. PUSH HARD!

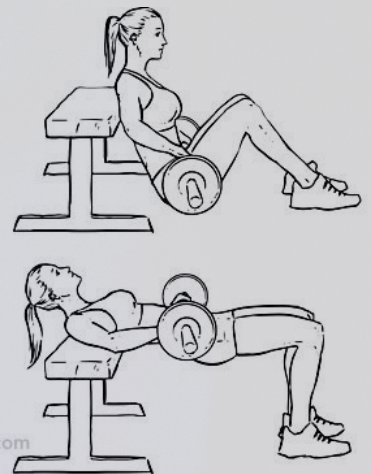
Set #1:

Hold at the top for 7 count. 4 times. (squeeze!)
then full reps to absolute failure.

There is no rest between the above.

Set #2:

1 full, 1 top half, repeat to failure



Now grab a buddy and get lifting!

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