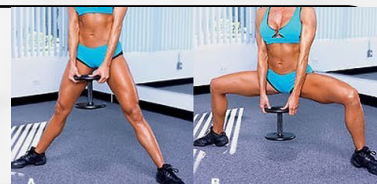


THE ULTIMATE BEGINNER **BOOTY** WORKOUT FOR GIRL\$\$\$

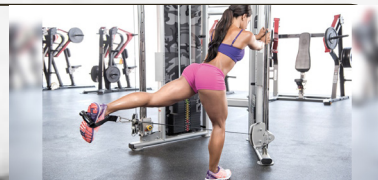
1

SUMO SQUATS
20KG (3 sets of 10)



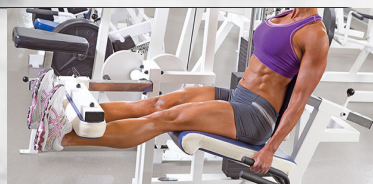
2

KICKBACKS
9KG (3 sets of 10) per leg



3

LEG EXTENSIONS
10KG (3 sets of 15) per leg



4

HIP THRUSTS
Hold a 5/10KG plate (3 sets of 10)



5

REVERSE HIP ADDUCTORS
30KG (3 sets of 10)



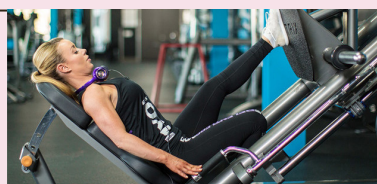
6

SMITH MACHINE LUNGES
10KG (3 sets of 8/10)



7

LEG PRESS
35KG (3 sets of 10)



8

GLUTE KICKBACKS SMITH MACHINE
2.5KG each side (3 sets of 8)



9

BAND CRAB WALK
As many as you can stand



10

LEG PRESS ON PULL-UP MACHINE
40KG Single Leg (3 x 10)

