

ALL ABOUT THE BOOTY

TRY TO COMPLETE ENTIRE CIRCUIT 3X THROUGH. FOR MORE ADVANCED, TRY 5-6X.

STANDING
BOOTY LIFT

20
REPS per
side



ALTERNATING
SIDE LIFT TO
BACK LIFT

20
REPS
per side



ALTERNATING
SINGLE LEG
GLUTE MARCH

24
REPS (12
per side)



BACK LUNGE
TO HOP

30
REPS
(15 per
side)



RDLs

15
REPS

