



Royally Fit: 27 Minute Booty Baby Workout

This month it's our job to keep you focused, on point, and feeling good regardless of what comes your way! Let's kick some serious ass this month, so we can wrap up 2017 like the badass babes that we are!

What you will need:

- A set of weights

Warm-Up:

- Various moves to get that body warm like jogging on the spot and light squats.

Workout: Complete these 6 exercises consecutively for 50 seconds on, and 10 second off, 4 times through 😊

- **Weighted squats** – Let's do a nice and controlled squat ladies. Keep the knees pointing forward, the heels planted, and your back nice and flat.
- **Backwards lunge with shoulder press, left side** – Allow the weights to rest on your shoulders to start, and then as you step back into a lunge with your left leg push both weights above your head for a shoulder press. While doing this, try to squeeze your butt muscles as this can help ensure that you don't arch your back. Take your time, don't rush it, really feel the burn!
- **Backwards lunge with shoulder press, right side** – Same thing as above on the opposite side.
- **Table top alternating back rows** – With your hands directly underneath your shoulders and your knees directly underneath your hips, hold your belly in tight and keep your back flat, while you alternate bringing the weights up for an upper back contraction.
- **Push – ups** – With your hands nice and wide, drop your chest between your hands while keeping your back flat and your abs engaged. Once again, take your time here to ensure you have great form. Come off your knees on the second, third, and fourth set if you'd like...but only if you have good form!
- **Alternating scissors** – With your hands underneath your bum for some back support, keep your head on the ground, while you alternate your legs back and forth in a scissor motion. The idea is to really work your lower abs here, so if it bothers your back at all, please bend your knees during the draw in, and only take them out as far as you comfortably can.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant