



25 Minute Booty-Ful Booty

Tighten, tone, shape and lift that beautiful bum with this booty burning band work out ;)

What you will need:

- Mini band and weight!

Warm-Up:

- 3 minutes of various moves to get you all warmed and ready to rock!

Workout: 5 moves 50 seconds on 10 seconds off 4 x through, with a cardio BURST between each set.

- **Side to Side Steps** - Place your booty band around your ankles and take 2 big steps to the right and then two big steps to the left. To really feel the burn sink low into a partial squat to engage the quads. The bigger the step the bigger the burn!
- **Deadlifts** - You ladies know I LOVE deadlifts. The push up bra for your booty. Tips - keep your weight in your heels, bum back, shoulders pulled back and your back flat. Push the bum back as you bring the weights down your legs towards your toes. Be sure to stop the you feel that pull on your hamstrings. As you rise back up, squeeze the glutes tight!
- **Squat with Back Kick** - Squat low ,and once you come back to the top, kick one leg back with control, return to starting position, squat and repeat, alternating your leg with each rep.
- **Bridge with Opener** - now pull your band up over your knees, perform a classic bridge while at the top open your knees up, bring them back in (leaving a few inches between your knees) bring the butt to the floor. Repeat
- **Rainbow Donkey Kicks** - Get on all 4's one leg / round. Extend your leg back straight, now create a half rainbow with your foot. Bring the foot from behind you, up and over to the side. Return back and forth. Believe me, this one BURNS!!

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Kaylie Ginn