30 Minute Booty Drill

This workout is once again inspired by Bret, from the Glute Lab. He knows is stuff when it comes to building the booty effectively, so we hope you like it!

What you will need:

- Mini band

Warm-Up:

- Variations of side to side steps and hip openers.

Workout:

- We're going to be doing each exercise below consecutively for 20 reps each and a total of 3 sets.

Exercises:

- **Mini band alternating squat with backwards toe-tap, 20 reps –** Placing the band around your thighs, your calves or your feet, you're going to complete one squat to one toe tap behind you. Ensure you keep your abs engaged so you don't hyper extend your back, and then tap your toe while you also squeeze your butt.
- **Mini band alternating squat with front cross kick, 20 reps** – Placing the band around your thighs, your calves or your feet, you're going to complete one squat to one cross kick to really ignite those abs and inner thighs.
- **Mini band backwards walks, 20 reps –** With your feet a little further than hip distance apart, you're going to place the weight on one of the options above, and then hold it here while you walk. Backwards with your toes pointing out slightly to really recruit the glute muscles.
- **Mini band bridge, 20 reps –** With the band around your thighs, you're going to get your feet nice and close to your butt, and then you're going to life your hips as high as you can until you feel your glutes contract.
- **Supine frog bridge, 20 reps –** This is a helpful one to watch, but basically it is the same as above, but without the band, and you're the bottoms of your feet pressed together with your knees falling out to each side.
- **Pronated frog bride, 20 reps –** Same as above but on your stomach instead.

Cool down/Stretching:

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant