

20 Minute AMRAP Booty Blast Workout

Get to ready to lift, tone, and tighten that tooshie ladies. Today is all about day BOOTY

What you will need:

- Mini band, dumbbells or kettlebell

Warm-Up:

- Included in workout.

Workout:

- I am going to set the timer for 15 minutes. We have 3 moves we will be working through today. 10 reps of each move. It's going to be AMRAP (As Many Reps As Possible) so you will continue to work through these 3 moves until the 15 minutes is up.

Exercises:

- Deadlifts
- Miniband Side Steps
- Donkey Kicks: 10 / side

Cool down/Stretching:

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant