

THE BOOTY BAND KIT

Can't feel your glutes, while working out? Not anymore. Booty band is a great way to activate your glutes – and we promise, you'll feel the burn! We've chosen 7 different glute exercises. Our recommendation is that you choose 4-5 different exercises and use them as a finisher or booty burner.

BOOTY EXERCISES

SQUATS
DUCK WALK
HIP THRUST
OPEN BRIDGE
GLUTE BRIDGE
MONSTER WALK
HIP THRUSTER
TRICEPS EXTENSION
MOUNTAIN CLIMBERS
KNEE TUCKS

BOOTY CIRCUIT

	CHOOSE 4 (OR MORE) EXERCISE FROM ABOVE. E.G	ROUNDS	REPS	REST
1	GLUTE BRIDGE	4	45 SEC	15 SEC
2	OPEN BRIDGE			
3	MONSTER WALK			
4	SQUATS			