

BEAUTYFIT® FIT FAST BOOTY BLAST

EXERCISE	SETS	REPS
PRE-EXHAUST: WAKE UP THE GLUTES WITH THESE ISOLATION EXERCISES. MINIMIZE REST BETWEEN SETS.		
QUADRUPLED HIP EXTENSION	2	15, EACH LEG
SIDE LYING ABDUCTOR	2	15, EACH LEG
STRAIGHT SETS: COMPLETE ALL SETS FOR EACH EXERCISE BEFORE MOVING ON TO THE NEXT. REST 30 SECONDS BETWEEN SETS		
HIP THRUST	4	12
STEP-UPS	3	10
ONE-LEG SQUAT	3	10
MAKE IT BURN TRI-SET: PERFORM 3 ROUNDS, CIRCUIT-STYLE. REST 60 SECONDS BETWEEN ROUNDS.		
KETTLEBELL SWING	3	12
ONE-LEG HYPEREXTENSION	3	10, EACH LEG
ONE-LEG STAND-UP	3	10, EACH LEG
FINAL BLAST: FINISH OFF YOUR GLUTES WITH THIS INTENSE EXERCISE. MINIMIZE REST		
BAND WALKING SQUAT with DUMBBELL	3	12 REPS, EACH DIRECTION

