

# BLUEPRINT FOR A SEXY BUTT!

*with Juliana Daniell* IFBB BIKINI PRO

| EXERCISE  | SETS | REPS   |
|---|------|--|
| SINGLE-LEG DEADLIFTS                            | 3    | 15-20  |
| STRAIGHT-LEG STANDING CABLE EXTENSIONS ON BLOCK | 3    | 15-20  |
| WIDE-LEG DEADLIFTS ON BLOCKS                    | 3    | 15-20  |
| WIDE- OR CLOSE-STANCE SQUATS                    | 3    | 15-20  |
| ABDUCTION MACHINE                               | 3    | 50 (USING 80 PDS)                              |
| WALKING LUNGES WITH KICKBACKS                   | 3    | 30   |
| SQUAT MACHINE                                   | 3    | 20/30/40<br>CHANGE FOOT POSITION<br>THROUGHOUT |
| STEP-UPS ON BLOCK (ALTERNATING)                 | 3    | 20   |