

Pauline Nordin's
"BUTT OF STEEL" WORKOUT

EXERCISE	SETS	REPS*
SIDE LYING HIP ABDUCTION	3	20/LEG
SPLIT SQUAT	3	10/LEG
WIDE LEGGED SQUAT	3	6
DUMBBELL LUNGE	3	10/LEG
WIDE LEGGED SQUAT	4	10
BILATERAL DUCK BUTT	3	15

*REST TIME BETWEEN SETS: 30 SECONDS