

Pauline Nordin's **BUTT BIBLE BLAST**

EXERCISE	SETS	REPS*
SPLIT SQUAT COMMENT: No rest between left and right.	5	10
BARBELL LUNGE COMMENT: No rest between left and right.	5	15
BILATERAL LEG PRESS COMMENT: Put your feet high up on the platform. If you don't get that deep on your machine, put another pad behind your back so your knees hit your chest.	5	20
(WALKING) BARBELL LUNGE COMMENT: 15 reps per leg. Make them deep, your rear knee shall touch the ground each rep. Rest 30 seconds between each set.	5	30
WIDE LEGGED SQUAT COMMENT: Rest 45 seconds between each set.	5	10



Powered by **fighterdiet**

Download the
Live Life Lean App
Now for Free!

You can now download for
FREE at the iTunes store! Biggest
Loser Winner & Fighter Diet founder Pauline
Nordin will show you how to get FIT!

Download Now Free

Available on the
App Store

