

FIVE MOVES FOR BETTER BUTT

WITH IFBB BIKINI PRO *Amanda Latona*

EXERCISE	SETS	REPS
KNEELING GLUTE KICKBACKS	4	10, EACH LEG
BARBELL HIP THRUST	4	10-12
BULGARIAN SPLIT SQUAT	4	10-12, EACH LEG
WALKING BARBELL LUNGE	4	12, EACH LEG
PLIE SQUAT	4	15