

TINY WAIST & TIGHT BUTT WORKOUT

with *Sara Back* **IFBB BIKINI PRO**

This workout is effective because it involves a variety of lunges, deadlifts, cable exercises and more. All these exercises are ideal for activating the glutes and core.

Sara does core-training three or four times a week, including Pilates. "I believe this has helped me strengthen the transversus abdominis," she said. "Your lower back will also thank you in the future!"

During the off-season, Sara focuses on building her glutes as much as possible. "When the contest prep starts, I add in plyos for the legs once a week, which I think helps me to tone and tighten the butt a bit extra."

EXERCISE	SETS	REPS
GLUTES		
WEIGHTED LUNGES	4	10, EACH LEG
STIFF-LEG DEADLIFTS	4	15
SINGLE-LEG STIFF-LEG DEADLIFTS	4	12, EACH LEG
HIP THRUST	4	20
CABLE BUTT KICKBACKS	4	15, EACH LEG
ABS		
HANGING LEG RAISES	4	15
RUSSIAN TWIST ON BALL	4	15, EACH SIDE
EXERCISE BALL PULL-IN	4	20
JACKKNIFE SIT-UP WITH ROTATION	4	15, EACH SIDE
PLANK	4	1 MINUTE
CABLE CRUNCH	4	20