

BIKINI BOOTY WORKOUT

with IFBB Pro *Bianca Berry*

EXERCISE	SETS	REPS
SMITH MACHINE STRADDLE SQUAT <i>SUPERSET WITH</i>	4	15
SKATER LUNGE	4	10
CABLE CROSS SQUAT*	4	10 (EACH LEG)
DOUBLE CABLE STABILITY BUTT RAISE <i>SUPERSET WITH</i>	4	15
DUMBBELL BENCH WRAP	4	12
STEP-UP/REVERSE LUNGE COMBO*	3	10 (EACH LEG)

*NO REST BETWEEN LEGS, REST 15 SECONDS BETWEEN SETS