

ULTIMATE BUTT-LIFT PROGRAM

MONDAY - EXPLOSIVE WORKOUT

| EXERCISE | SETS | REPS |
|--|------|---------------------|
| PLIE (SUMO) SQUAT | 1 | 10 |
| + JUMP LUNGES | 1 | 10 |
| 1 MINUTE REST | | |
| 1-LEG SQUAT | 1 | 10 |
| + BURPEES | 1 | 10 |
| 1 MINUTE REST | | |
| DUMBBELL FRONT SQUAT | 1 | 10 |
| + ROPE SKIPPING | | 1-MINUTE |
| 1 MINUTE REST | | |
| STEP-UPS | 1 | 10 |
| + BUTT KICKERS | | 1-MINUTE |
| 1 MINUTE REST | | |
| LUNGES WITH DUMBBELLS | 1 | 10 |
| + JUMP SQUATS | 1 | 10 |
| REST 2 MINUTES: INTERMEDIATE AND ADVANCED WOMEN SHOULD DO THIS CIRCUIT 2-3 TIMES | | |
| AEROBICS: 30-60 MINUTES OF TREADMILL WALKING OR RUNNING AT MODERATE INTENSITY | | |
| STRETCHING | | |
| SEATED CROSSOVER STRETCH | 2 | HOLD FOR 15-30 SECS |
| LYING GLUTE STRETCH | 2 | HOLD FOR 15-30 SECS |
| SEATED GLUTE STRETCH | 2 | HOLD FOR 15-30 SECS |
| STANDING GLUTE STRETCH | 2 | HOLD FOR 15-30 SECS |

TUESDAY - HIGH-INTENSITY INTERVAL TRAINING -GENERAL STRENGTH TRAINING

| EXERCISE | TIME FOR INTERVAL | INTENSITY | REPS | REST BETWEEN INTERVALS |
|-------------------|--|-----------------|------|--|
| TREADMILL WALKING | 30-45 SECS (ADJUST SPEED OR GRADE FOR MAX EFFORT) | 100% MAX EFFORT | 8 | 4 MINS LIGHT EXERCISE OR REST BETWEEN REPS |
| TREADMILL RUNNING | 30 SECS (ADJUST SPEED OR GRADE FOR MAX EFFORT) | 100% MAX EFFORT | 6-8 | 4 MINS SLOW WALKING OR REST BETWEEN REPS |

| EXERCISE | SETS | REPS |
|----------------------------|------|------|
| SEATED DUMBBELL PRESS | 1-3 | 10 |
| PUSH-UPS | 1-3 | 10 |
| SHOULDER SUNRISE ROTATIONS | 1-3 | 10 |
| SIDE LATERAL RAISES | 1-3 | 10 |
| KNEE-INS ON A BALL | 1-3 | 10 |
| V-UPS ON A STEP | 1-3 | 10 |
| BICYCLES | 1-3 | 10 |

WEDNESDAY - REST

THURSDAY - SAME WORKOUT AS TUESDAY

FRIDAY - SAME WOKROUT AS MONDAY

SATURDAY - REST OR AEROBICS AND STRETCHING

SUNDAY - REST OR AEROBICS AND STRETCHING