

# **THAT BOOTY THO**

**Do these daily, integrate into your current routine, or split them up and alternate each day!  
The choice is yours goddess.**

**Equipment: resistance band, place it just above your knees. Each exercise is done right after the other (A1,A2, A3...), for example 12 reps right leg then 12 reps left leg move to next exercise. Take 90 seconds rest between a complete round.**

A1 Vacuums 30 seconds 4 sets

A2 Kick back 12 rep each leg 4 sets

A3 Kick back pulse 12 rep each leg 4 sets

A4 Donkey kick back 12 rep each leg 4 sets

A5 Donkey kick back pulse 12 rep each leg 4 sets

A6 extended leg lift 12 rep each leg 4 sets

A7 Extended leg lift pulse 12 rep each leg 4 sets

A8 Fire hydrants 12 rep each leg 4 sets

A9 Fire hydrants pulse 12 rep each leg 4 sets

**These are all body weight exercises, no resistance band or weight needed unless you want to use them!**

A1 shoulder tap - toe tap - squat hold (5 sec) 10 rep 4 sets

A2 Squat 20 rep 4 sets

A3 Squat pulse 20 rep 4 sets

A4 Reverse lunge to high knee 20 rep 4 sets

A5 Crunch 30 rep 4 sets

A6 Bicycle crunch 40 rep 4 sets

A7 Mountain climber 20 rep 4 sets