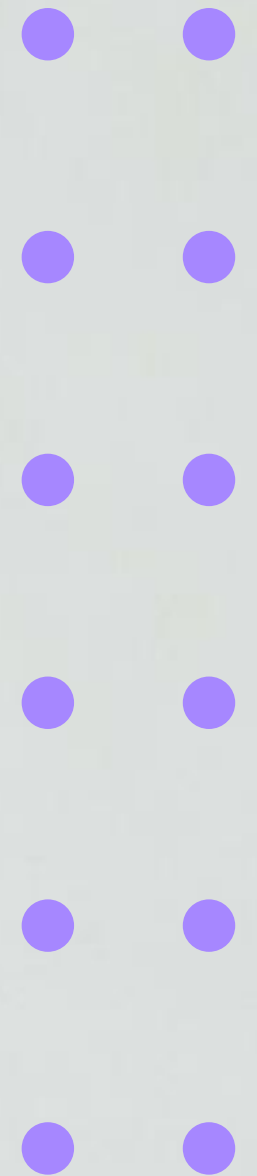
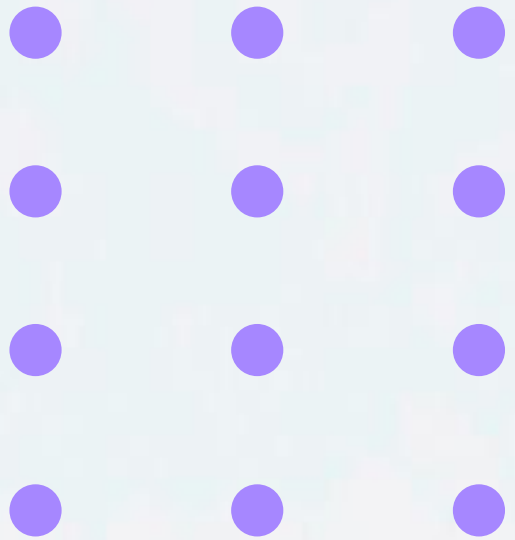


No equipment

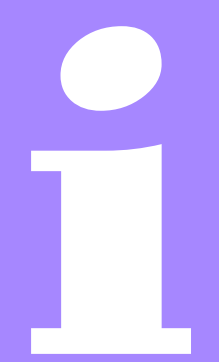


7-DAY

BOOTY WORKOUT

PLAN INTRODUCTION

The times of bone-thin figures and skinny backsides are long gone. Nowadays, it's all about firm, round butts and shapely hips. Although exercise won't completely transform your butt, it can make it firmer and perkier. Since the buttocks are composed of muscle, you can train them just like any other muscle on your body. If you challenge yourself and perform exercises that target the gluteus maximus, you can make the muscle stronger and more defined. If you're ready for the best butt you've ever had, we invite you to take on this 7-day butt lift workout routine.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.



WORKOUT PLAN

| | | | | | |
|--------------|------------------------|-------------------------|-------------------------|-----------------------|-----------------------|
| DAY 1 | <i>10 Donkey Kicks</i> | <i>10 Skater Lunges</i> | <i>10 Glute Bridges</i> | <i>10 Lunge Kicks</i> | <i>10 Squat Jumps</i> |
| DAY 2 | <i>15 Donkey Kicks</i> | <i>15 Skater Lunges</i> | <i>15 Glute Bridges</i> | <i>15 Lunge Kicks</i> | <i>15 Squat Jumps</i> |
| DAY 3 | <i>20 Donkey Kicks</i> | <i>20 Skater Lunges</i> | <i>20 Glute Bridges</i> | <i>20 Lunge Kicks</i> | <i>20 Squat Jumps</i> |
| DAY 4 | <i>25 Donkey Kicks</i> | <i>25 Skater Lunges</i> | <i>25 Glute Bridges</i> | <i>25 Lunge Kicks</i> | <i>25 Squat Jumps</i> |
| DAY 5 | <i>30 Donkey Kicks</i> | <i>30 Skater Lunges</i> | <i>30 Glute Bridges</i> | <i>30 Lunge Kicks</i> | <i>30 Squat Jumps</i> |
| DAY 6 | <i>35 Donkey Kicks</i> | <i>35 Skater Lunges</i> | <i>35 Glute Bridges</i> | <i>35 Lunge Kicks</i> | <i>35 Squat Jumps</i> |
| DAY 7 | <i>40 Donkey Kicks</i> | <i>40 Skater Lunges</i> | <i>40 Glute Bridges</i> | <i>40 Lunge Kicks</i> | <i>40 Squat Jumps</i> |

squeedio



Donkey Kicks

1. Get down on all fours and position your hands under your shoulders and your knees under your hips.
2. Kick back with one leg and squeeze the glutes.
3. Bend the knee, lower the leg, and repeat.
4. Switch legs.



Skater Lunges

1. Lean forward, jump to the right, bring your left foot behind you, and bring your left arm in front of you.
2. Jump to the left, bring your right arm in front of you and your right foot behind you.
3. Repeat this side-to-side movement until the set is complete.



Glute Bridges

1. Lie on your back with your hands by your sides and your knees bent.
2. Lift your hips off the mat, while keeping your back straight, and pause for 1 second.
3. Return to the starting position and repeat the movement until the set is complete.





Lunge Kicks

1. Start with your feet together, step back with your right leg, and lunge.
2. As you come up kick your right leg up.
3. Return to the starting position and repeat with the left leg.
4. Keep alternating legs until set is complete.



Squat Jumps

1. Stand with your feet shoulder-width apart and the toes pointing slightly outward.
2. Bend your knees pressing your hips back as if you were going to sit back on a chair.
3. Pushing through the heels, jump straight up.
4. Land with your knees slightly bent and go back into the squat position.
5. Repeat until the set is complete.





squeedio

**Find more workout plans
on Squeedio**