



Advanced Booty Training

Exercise	Sets	Reps	Rest	Comments
*Warm up 10 Minutes Cradio of your choice				
1 Single Leg Lateral Pulses into Banded Glute Side Walks	3	30	1 Minute	*30 each side, Toes should not leave the floor. Core tight. Glute focus.
	3	40		*20 Each direction
2 Leg Press Into Single Leg Lunge Jumps	4	20	1 Minute	*Wear the Band above the knees to make this harder
	4	20		*20 Each Leg
3 Single Leg Deadlifts	3	15	1 Minute	*15 Each Leg
4 Pause Sumo Squats	5	12	2 Minute	*Increase wieght each set. Focus on depth.

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Personal Training with Addy and Abby