

# The BETTER BOOTY Workout

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Build a Better Booty with this sculpting workout!  
Complete this circuit workout 3 times for your best butt! ;)



Start standing with feet shoulder width apart and knees and toes turned out slightly. Hold one **HEAVY** weight in both hands and at your chest. Lower down into a squat position, keeping the weight in the heels and your chest lifted. Press into the heels to lift back up, straightening the legs. Repeat for 20 repetitions.



Start kneeling and lift your **RIGHT** knee forward and press into the heel to raise yourself up to standing. Lower back to kneeling by shifting your weight into your **LEFT** leg and placing your **RIGHT** knee down to the floor. Lower the **LEFT** knee down back to your starting position. Complete 10 repetitions leading with the **RIGHT** leg and then repeat for 10 repetitions with the **LEFT** leg leading.



Start standing with feet shoulder width apart, knees and toes pointed forwards, and your hands behind your head. Lower down into a squat position, keeping the weight back in your heels. Straighten the legs to come back up and lift all the way up into a calf raise, lifting the heels. Lower back down into your squat and repeat for 20 repetitions.



Kneeling on all fours, place a **LIGHT** weight behind your **RIGHT** knee. Keeping your foot flexed, lift your **RIGHT** heel back into the air and squeeze your butt. Lower the knee back to the floor and lift back up, repeating for 20 repetitions on the **RIGHT**, then repeat for 20 repetitions on the **LEFT**.