If you haven’t already tried the BODY LOVE workouts, you’re in for a treat! We put together our favorite moves from each routine to create the ultimate sweat sesh! We had so much fun making BODY LOVE that we couldn’t help but put together a mashup for ya. There’s some serious booty working, core sculpting, arm toning, and metabolism boosting exercises. It gets a lil’ crazy!!

Now, time to SQUAT!!

**BALL ROLL OUT**

10 reps

**MOVE 1**

Tones your core!

Begin standing with the exercise ball in front of you, upper body hinged forward, and hands touching the side of the ball. Engage your core as you roll forward so that your forearms are on the ball and your body is in a plank position. Using your core, roll yourself back up to standing.

Complete 10 reps.
**MOVE 2**
Tones your inner thighs, booty, and raises your metabolism!

Begin standing with your legs wider than shoulder-width apart, toes out at a 45 degree angle and legs bent with hands by your knees. Jump your feet together and raise your arms above your head. Hop back out into the starting position.

Complete 20 reps.

**MOVE 3**
Sculpts your quads and booty!

Begin standing with hands holding weights by your shoulders and knees bent into a low squat. Make sure your knees don't go past your toes. Step your right foot back and to the left side of your body into a curtsy lunge. Step back to start and repeat on the opposite side.

Complete 6 reps on each side.

**MOVE 4**
Tones your entire core, shoulders, booty, and quads!

Begin standing with your legs shoulder-width apart and holding a dumbbell between both hands. Circle the dumbbell around your head, then squat down. Make sure your knees don't go past your toes. While in a squat position and holding the weight in front of your chest, press your arms straight out. Stand back up and return to starting position.

Complete 6 reps on each side.

**MOVE 5**
Tones your core, booty, quads, and raises your heart rate!

Start in a standing position at the front of your mat. Gently bend your knees, sit back and roll onto your back, lifting your booty into the air. Roll forward, using your hands to help get you back into a standing position, and jump into the air, arms and legs spread out like a star. Gently land with your feet together and in starting position.

Complete 6 reps.

**MOVE 6**
Tones shoulders, triceps, and core!

Begin in a plank position with the band wrapped around your arms just above your wrist. Move your right arm and right leg out to the right, followed by your left arm and leg. Bend your knees to the ground and perform a tricep pushup, elbows by your side. Repeat going to the left side.

Complete 8 reps, 4 on each side.

**MOVE 7**
Tones your lower abs and core!

Begin laying on your back, legs lifted into the air, and a dumbbell between both hands. Raise your left leg up toward your body and pass the dumbbell under your leg and into your right hand. Repeat on the right side.

Complete 30 reps, 15 on each side.
**BRIDGE DIPS • PULSE**

Sculpts your booty and hamstrings!

Each circuit, lower your amount of booty bridges by one rep starting at 10 reps.

Begin in a bridge position with the booty bands wrapped around your lower legs, just above your ankles. Lower your booty down to the ground and raise it back up. Complete 10 reps of bridge dips, then lift your right leg up and perform a bridge dip pulse 5 times. Then repeat on your opposite leg.

Continue this sequence, but each circuit, lower your amount of booty bridges by one. So start with 10 reps, then go down to 9, 8, etc. all the way down to 1.