



BEACH BOOTY BURN

workout

We're sculpting the entire lower body with Lorna Jane: booty, thighs, and hamstrings. Grab your **Booty Bands**, tighten your ponytail, and let's tush it good baby!! ~ check in with us **#TIUteam**.



BOOTY TAPS

Repeat for 13 reps on each leg

MOVE 1

Tones your booty and outer thighs!

Begin with your feet hip-width apart and the Booty Band around your ankles. Keeping one foot planted, tap the other foot in front of you. From here, tap it next to your planted foot and then tap out to the side. Bring it back to center, then tap it behind you. Bring it back to start.

Repeat for 13 reps on each leg.

BOOTY BAND SHUFFLE + SQUAT

Complete 6 reps on each side



MOVE 2

Tones your entire booty and thighs!

Keep your Booty Band above your ankles with a slight bend at the knees. Take two steps one direction while keeping your booty low, then take two steps the other direction.

Complete 6 reps on each side.

BOOTY KICKBACK

Complete 20 reps on each side



MOVE 3

Tones your hamstrings and booty!

Begin standing with the band just above your ankles and keep one leg lifted a few inches off the ground behind you. Maintain a slight bend in your standing leg for balance. Kick back against the band. Return to start.

Complete 20 reps on each side.

SQUAT + ABDUCTION

Complete 8 reps on each side



MOVE 4

Tones your entire booty and thighs!

Begin standing with your feet hip-distance apart. Lower down into a squat, making sure that your knees stay behind your toes. As you straighten to standing, lift one leg to the side and lower back down. Repeat the squat, then switch legs.

Complete 8 reps on each side.