



# *Tone It Up* Love your BOOTY

1

## CAT COWS

DO 4 REPS IN EACH DIRECTION



2

## HIP CIRCLES

DO 2 REPS IN EACH DIRECTION



3

## FOREARM BOOTY KICKBACK (LEFT LEG)

DO 14 REPS



4

## FOREARM LEG RAISES (LEFT LEG)

DO 14 REPS



5

## SIDE PLANK LEG RAISE (LEFT LEG)

DO 14 REPS



6

## FOREARM BOOTY KICKBACK (RIGHT LEG)

DO 14 REPS



7

## SIDE PLANK LEG RAISE (RIGHT LEG)

DO 14 REPS



8

## BRIDGE DIPS

DO 16 REPS



9

## SINGLE LEG BRIDGE DIPS (RIGHT LEG UP)

DO 14 REPS



10

## BRIDGE PULSE

PULSE FOR 10 SECONDS



11

## SINGLE LEG BRIDGE DIPS (LEFT LEG UP)

DO 14 REPS





12

## BRIDGE PULSE

PULSE FOR 10 SECONDS



13

## HIP SWIVELS

DO 6 REPS ON EACH SIDE

