



BOOTY BUILDER

Booty Builder Home Workout

Coach: Dan Garner

All Rights Reserved. Copyright © 2014 BootyBuilderWorkout.com

This publication is fully copyrighted and does not come with giveaway or resale rights. You may not sell or redistribute this report. Copyright and illegal distribution violations will be prosecuted.

Legal Disclaimer:

As with all programs, techniques and materials related to health, exercise and fitness, bootybuilderworkout.com strongly recommend that you not rely upon or follow the programs, techniques or use any of the products and services made available by or through the use of this website for decision making without obtaining the advice of a physician or other health care professional. The information, products and services made available by or through the use of this website are provided for use by persons who have satisfied themselves as to the appropriateness of its use for themselves after obtaining the advice of a physician or other health care professional. The nutritional and other information on this website is not intended to be and does not constitute health care or medical advice and must not be used to make any diagnosis specific to the online user. Officehockeytraining.com does not employ dietitians or any other health care professionals. In no event will we be liable for any loss or damage including without limitation, indirect or consequential loss or damage, or any loss or damage whatsoever arising from loss of data or profits arising out of, or in connection with, the use of this website.

Booty Builder Home Workout

No time to get to the gym today? Going on vacation and don't have access to a gym? No problem!

Complete this workout on the days where you can't make it to the gym or just flat out don't have the time!

Booty Builder Workout

A1: Lying, bodyweight hip thrust with 2 second pause at the top: 4 x 15-20 / 30s

A2: Split squat: 3 x 15-20 / 30s

B1: Fire hydrant kicks to the side: 3 x 10-12 / 30s

B2: Donkey kicks to the back: 3 x 10-12 / 30s

B3: Standing full squats, below parallel: 3 x 12-15 / 30s

C1: Band (or) Dumbbell pull through*: 3 x 12-15 / 30s

C2: One foot elevated body weight hip thrust: 3 x 15-20 / leg / 30s

D: Step ups with knee extension: 4 x 12-15 / leg / 30s

*If you don't have access to a dumbbell or band at your house, use any object that has a light to moderate weight to it. Example: 2 – 4L water bottle.