

Booty like Beyoncé

📍 At Home 🔥 Beginner/Intermediate 🕒 20 min

To pull off all those athletic dance moves even Beyoncé has to work on her butt. Here are all the best butt-sculpting exercises, go on and burn that booty.

Warm up 🕒 3 min



Butt Kicks
Time: 30 sec



Knee Hug
Time: 20 sec each side



Hip Raise
Reps: 10



Glute Stretch
Time: 10 sec each side

Workout 🕒 13 min



Hip Raises
(Single Leg)
Reps: 10 each side



Lunge - Elevated
Reps: 10 each side



Side Plank - Raise
(Knees)
Reps: 10 each side



Lunges - Side
Reps: 20 alternate L/R

Repeat Compound Set x3

Repeat Compound Set x3

Final Blast 🕒 60 sec



Squat
Time: 60 sec
Squeeze your glutes at the top of each rep! AMRAP

Stretch 🕒 3 min



Quadricep Stretch
Time: 20 sec each side



Glute & Hip Flexor Stretch
Time: 20 sec each side



Back Twist Stretch
Time: 20 sec each side