

30/30 Better Butt Workout

	Exercise	Reps
Warm-up: Perform once on each side	Single Leg Bridge	30 seconds
	Single Leg Donkey Kicks	30 seconds
	Fire Hydrants	30 seconds
	Fire Hydrant Kick-Outs	30 seconds
	Straight-Leg Lifts	30 seconds
	Rainbows	30 seconds
Circuit 1: Perform 1-3 times in a row	Right Rev Lunge & Kick	30 seconds
	Ball Taps	30 seconds
	Left Rev Lunge & Kick	30 seconds
	Ball Taps	30 seconds
	Ballet Squat + Calf Raise	30 seconds
	Ball Taps	30 seconds
Circuit 2: Perform 1-3 times in a row	Right Single Leg Deadlift	30 seconds
	Bench Runners	30 seconds
	Left Single Leg Deadlift	30 seconds
	Bench Runners	30 seconds
	Good Mornings	30 seconds
	Bench Runners	30 seconds
Circuit 3: Perform 1-3 times in a row	Banded Hip Raises	30 seconds
	Banded Side Steps	30 seconds
	Banded Wall Sit	30 seconds
	Banded Side Steps	30 seconds
	Banded Jump Squats	30 seconds
	Banded Side Steps	30 seconds
Circuit 4: Perform 1-3 times in a row	Right Leg Step-Ups	30 seconds
	Box Jumps	30 seconds
	Left Leg Step-Ups	30 seconds
	Box Jumps	30 seconds

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	Squat + Calf Raise	30 seconds
	Box Jumps	30 seconds
Cool Down: Perform once on each side	Walking Crossovers	30 seconds
	Couch Stretch	30 seconds
	Lying Glute Stretch	30 seconds
	Pigeon	30 seconds