

BOOTY BLASTER

MINI PROGRAM



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the

411

VIDEO LIBRARY PASSWORD

examplepassword

Looking to grow or perk up your glutes? The Booty Blaster Mini Program is a great start!

Your glutes are the biggest muscle in the body, and helps power your lower body movements, both in the gym and in everyday life! Strong glutes can improve your posture and form when weightlifting, and they also look great!

This mini program consists of four glute-isolating workouts that are perfect to incorporate into a lower body workout day or do alone for a quick efficient session. A balanced mix of weighted and resistance exercises ensures that you both strengthen *and* tone your glutes. Most exercises use dumbbells and hip bands, but several will introduce you to unique ways to use other machines to target your glutes!

All exercises can be viewed in the video library, which can be accessed with the password at the top of this page.

[CLICK HERE!](#)

PRO TIP

Need a bit of an extra challenge? Add a hip band or resistance band to the exercises that you can for a guaranteed glute burn!

equipment you'll need

shortcode

(R, L) = double-sided exercise

DB = dumbbell

BB = barbell

SM = smith machine

HB = hip band or resistance loop



dumbbells



a barbell



a plate



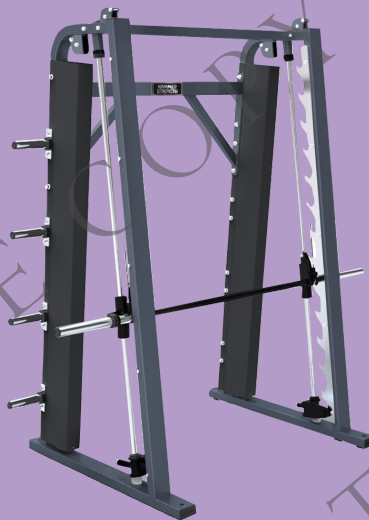
a hip band

OR

a resistance loop



a bench



a smith
machine

burnin' booty blaster

pro tip

Not only do deadlifts strengthen your glutes, but they also work other major muscles in your body like your quads and your back!

superset 1

HB Jump Squats	15x
BB Sumo Deadlift	12x
BB Good Mornings (R, L)	10x

3 sets

superset 2

Seated HB Abduction	15x
DB Floor Glute Bridges	15x
DB Lying Reverse Pumpers	12x

3 sets