

BUSYBEEFITNESS

Busybee's Booty Building Book



#Busybeefitness



WELCOME!

Why I created this guide

When I first started getting into fitness a few years ago, I was so overwhelmed by all the information that was out there. I wanted to try all these workouts and movements I could see other people doing but I had no idea how or in what order to perform them, how many reps and sets to do or even how many times to train a week!

I couldn't afford a personal trainer each week, so I tried my best to teach myself. I started training with my boyfriend at The Compound Cardiff where I still train (my favorite gym in the world). I soon realised how badly I had been performing my movements and, as soon as I was taught the correct form and positioning, I noticed a HUGE change in my muscle growth! I was able to specifically target certain areas by changing my positioning or using resistance bands in certain exercises. My strength increased dramatically. I ached in all the right places rather than hurting myself from performing the movements incorrectly!

I have people coming to me all the time saying they have been training for years and aren't seeing any progress. Once I explain the correct body positioning to them, they come back saying they have seen more progress in a week than they have in a year because they are now performing the movement correctly.

So that's exactly why I created this guide. I want to explain how to do each movement correctly as well as to provide information on planning your gym sessions and some intense booty building workouts!

It is really difficult for me to reply to you all, so I really hope that this guide will help!

Busybee xoxox

SQUATS

1. Have the bar on a squat rack at just below shoulder height.
2. Grip the bar just past shoulder width.
3. Position the bar on your traps.
4. Stand with your feet just wider than shoulder width with your toes pointing outwards at 30° (2 o'clock and 10 o'clock positions).
5. Push your hips back first then bend your knees, as if you are going to sit on a chair.
6. Keep your neck in line with your spine and look forward.
7. Squat down low enough so that your thigh is at least parallel to the ground.
8. Push back up through your heels, keeping your knees facing outwards and chest up.
9. Return to initial standing position.

Note: Keep your chest out, tighten your back and tense your core.

VARIATIONS

Resistance band squats:

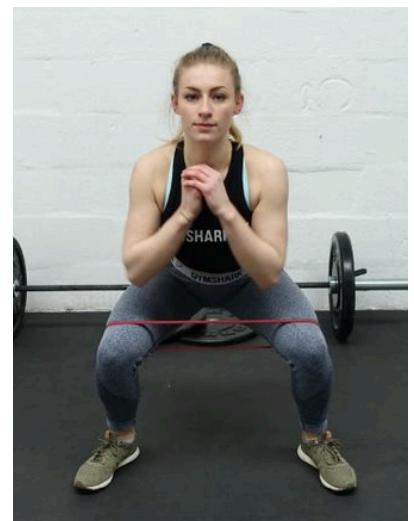
- Similar to a normal squat.
- You may need to lower the weight for these as they are a little harder.
- Choose the appropriate resistance band for your ability.
- Position the resistance band around your knees.
- Push your knees out against the band at all times during the squat. This creates more tension in the glutes, leading to a greater glute pump!

Pause squats:

- Same form as normal squat.
- Lower the weight a little as it's harder than a normal squat.
- Get down low enough that your thighs are parallel to the floor.
- Pause at the very bottom for approximately 3 seconds.
- Push back up through your heels.
- Do not bounce at the bottom, keep slow and controlled.
- It will be harder to get back up- that is the point!

Goblet squats:

- This is useful to help practice squat form before using a bar.
- Hold a kettle bell or dumbbell tight to your chest and carry out the squat technique (as stated above).



DEADLIFTS

1. Have the barbell on the floor.
2. Feet shoulder width apart.
3. Toes pointed out slightly (15°).
4. Crouch down to the bar, as shown in the picture.
5. Grab the bar slightly wider than shoulder width apart, so your hands are on the outside of your legs (with your thumbs touching the outside of them).
Keep your chest pushed out, back straight and arms locked at all times.
6. Take a deep breath and stand up, pushing through your heels and straightening your legs first, then straightening your hips.
7. On the way back down – push hips back first, and then bend your legs once the bar reaches your knees.
8. Make sure you return the bar to the floor after every rep.

Note: Push from your heels and pull from your glutes as much as possible. Do not pull from your arms or shoulders. Keep the bar close to your legs at all times. Do not hyper extend and lean back too much at the top.



VARIATION

Sumo deadlifts:

- Similar to a normal deadlift but get into more of a squatting position before starting, (see picture below), position your legs further apart.
- Toes pointed further outwards (30°).
- Hold the bar in-between the legs rather than on the outside of them.
- Carry out the deadlift form (as stated above).



ROMANIAN DEADLIFTS

1. Start in standing position gripping the bar either side of your legs (see picture below)
2. Have your feet shoulder width apart.
3. Bend your knees slightly.
4. Lower the weight towards the ground, with the bar running down your legs, until you reach slightly below your knees.
5. Then bring the barbell back up, running against your legs, pulling from your hamstrings and glutes until you return to standing position.

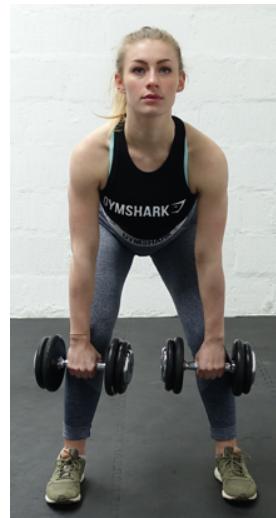
Note: You can go lower if you want- I usually go to the middle of my shin as I feel it works my glutes more. You should feel a stretch in your hamstrings and glutes. Keep your chest pushed out, shoulders back and back straight at all times. Keep your arms locked out at all times. Do not move your legs/knees throughout the entirety of the movement.



VARIATION

Dumbbell Romanian deadlifts:

- Exactly the same workout as Romanians with a barbell but, instead, use two dumbbells, one in each hand.

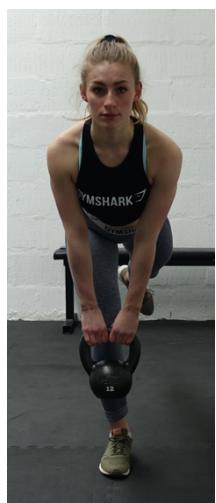
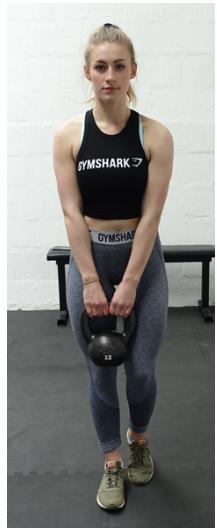


SINGLE LEG ROMANIAN DEADLIFT

Use a single dumbbell or kettle bell.

1. Hold the dumbbell with locked arms in front of your leg that is staying on the ground (if you prefer, you can hold the weight with just the opposite arm to the leg staying on the ground). Lower the dumbbell down the front leg, as if doing a Romanian deadlift, keeping the front leg slightly bent. At the same time, raise the back leg backwards, keeping it as straight as possible.
2. Once you go as far down as you can with the dumbbell, slowly return back to the starting position. Pull the dumbbell up in front of you while returning the back leg to the floor, pulling through your glutes and hamstrings.

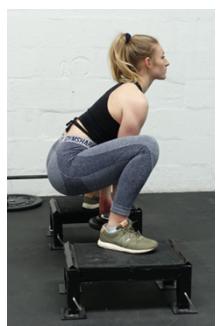
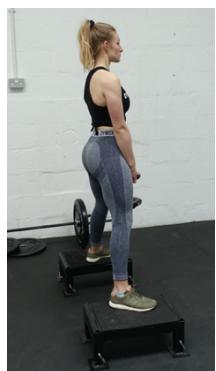
Note: Keep your back straight throughout the entire exercise. This exercise needs to be done slowly to maintain balance and ensure the best muscle burn.



DUMBBELL DEADLIFT/ RAISED DUMBBELL DEADLIFT

Use low steps or stacked plates only if using a heavy/large dumbbell. Place the steps slightly past shoulder width apart. Use a single kettle bell or dumbbell.

1. Stand with one foot on each step/plate (or on the floor) with toes pointing outwards. Hold the dumbbell/kettle bell in both hands, between your legs with locked out arms.
2. Then simply squat (with the same form as before) with your knees working outwards going lower than your thighs parallel to the floor.
3. Push up through your heels back to the start position.

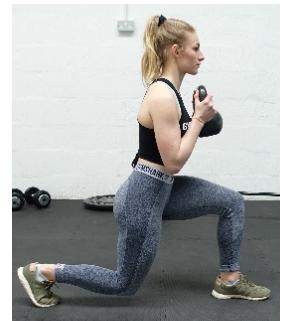
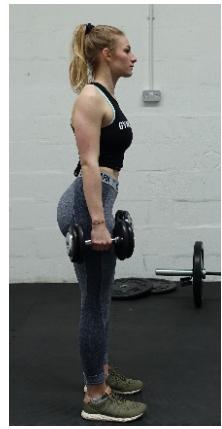


LUNGES

Forward lunge:

1. Stand tall in normal standing position.
2. Take a big step forward with one leg, with your heel hitting the ground first when you place your foot down.
3. Lower your body until the thigh of your leg that is forward is parallel to the ground.
4. Do not place your knee down on the ground.
5. Keep your weight on the heel of your forward foot and push back up to standing position- so that your front foot comes back towards your back foot.

Note: You can also do this movement with a barbell on your shoulders or a kettle bell/dumbbell against your chest.



Reverse lunge:

- Similar movement to a forward lunge, but taking a step back onto the ball of your foot instead of a step forward.

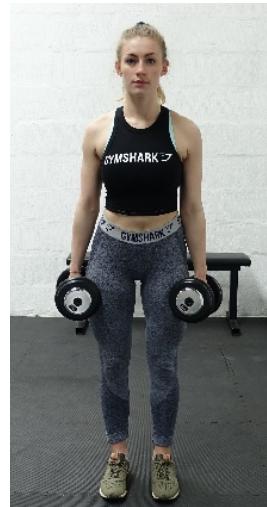
Walking lunges:

- Similar to a forward lunge.
- When at the bottom of the lunge, push up through your heel and take a step forward so that your back foot comes forward to your front foot. Repeat this so that you are moving forwards.

Curtsy lunge:

1. Start standing tall with feet shoulder width apart.
2. Step your left leg back and towards the right so your thighs cross.
3. Bend both knees- It should feel like you're curtsying (hence the name!).
4. Pushing through the heel of your front foot to return to standing position.

Note: Make sure your front foot and knees stay pointing forwards. Keep your back straight and your arms locked at all times.



SPLIT SQUAT

You can use a barbell on the shoulders, two dumbbells on either side of the body in locked arms or a kettle bell/dumbbell held up against the chest.

1. Place your back leg on a bench and your front leg far enough ahead so that your knee will never go past your toes. From here it is a similar movement to a lunge.
2. Bend your front leg so that the knee of your back leg goes towards the floor and so that your front thigh is parallel to the ground.
3. Push up through your heel and straighten your front leg, but don't lock it out.

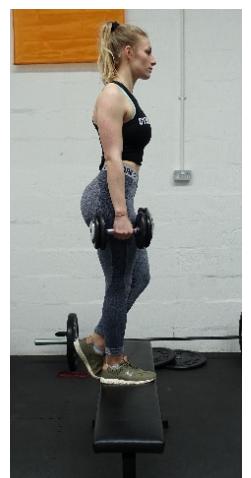


STEP UPS

Use a bench or any step which reaches the knee area when standing. This movement can be done with a barbell on the shoulders, two dumbbells in locked out arms or a kettle bell/dumbbell held up against the chest.

1. Place a foot on the step making sure it is flat.
2. Push up through the heel of the foot on the step, bringing your back foot up on to the step.
3. Return the same foot back onto the floor behind you and repeat.

Note: Keep your back straight at all times.



GLUTE BRIDGES

1. Lie with your back flat on the floor.
2. Place the middle of the bar across your hips.
3. Position feet shoulder width apart with toes pointing out slightly.
4. Bend your knees so that your feet come towards your bottom. Keep your feet flat on the floor.
5. Lift your hips off the ground, by pushing through your heels, until the hinge behind your knee joints form a right-angle.
6. Squeeze your glutes and hold at the top for one or two seconds.
7. Lower your hips back down to the floor so that you're lying back on the floor.

Note: Keep your core tight so you do not overextend your back. You need to position the bar in your hip region. If you find that it is more comfortable to position the bar slightly above or below your hips then this is fine.



VARIATION

Resistance band glute bridges:

- Same as a normal glute bridges.
- You may need to lower the weight for these as they are a little harder.
- Position an appropriate resistant band around your knees.
- Push your knees out against the band at all times during the movement.
- This creates more tension in the glutes, leading to a greater glutes pump.



HIP THRUSTS

Depending on the type of bench at your gym, you may need to place it up against the wall or some sort of large weight to ensure it does not topple over during the movement.

1. Lie the bar across your hips or wherever is most comfortable in that area.
2. Lift your body up and place your shoulder blades up on the bench.
3. Place your feet a little further than shoulder width apart.
4. Have your toes pointing out slightly.
5. Ensure that you are the right distance from the bench so, that when you lift your hips up, you form a 90° angle behind your knee.
6. Lift your hips up, pushing through your heels.
7. Squeeze your glutes at the top, holding for a second or two.
8. Lower your hips back to the start position.



Note: Keep your core tight so you don't overextend your back. If I am lifting a heavy weight, I will often lower all the way back down to the floor and take a second between each rep. If I am lifting a lighter weight, I will lower my hips close to the floor, but not allow the weight to touch the floor, and then immediately repeat the movement.

VARIATION

Resistance band hip thrusts:

- Same as a normal hip thrusts.
- You may need to lower the weight for these as they are a little harder.
- Position the resistant band around your knees.
- Push your knees out against the band at all times during the movement.
- This creates more tension in the glutes, leading to a greater glute pump.



MACHINE WORKOUTS

Please note that all machines are slightly different. I have tried to make my explanations general, to try to cover all types of these machines. The first thing you should do when trying out a new machine is look on the machine for any diagrams of how to do the workout. I find these especially useful to see how I should adjust the positioning of the seat for the movement. For most machines there will be handles and levers around the seat area to adjust the height and/or depth of the seat. If you are struggling in adjusting any of the machines, whether that is the seats or the weights, then please ask someone who is working at the gym (or someone else who is working out if you are confident enough) as they are always more than happy to help.

HIP ABDUCTOR MACHINE

Start with a lighter weight until you get to grips with how the machine works.

1. Sit on the seat and hold the handles either side of you.
2. Press against the pads with your legs moving them away from each other.
3. When pushed as far as you can go outwards, hold for a few seconds.
4. Slowly return to the start position.

Note: Your upper body should stay stationary the whole time. To help with lifting heavier on this machine, squeeze your core tight and grip the handles on either side of you.



VARIATION

There is a slight variation of this movement which you may have seen on my Instagram account or from other fitness personnel. In this case, you lean forward and grab the machine with both hands and perform the movement like normal from there. This is not the correct way to perform the movement but I sometimes use it as I can feel it a little more in the glutes and it allows me to push myself more in terms of increased weight.



CABLE KICK BACKS

1. Move the cable head down as low to the floor as possible.
2. You will need to have the ankle cuff attached to the end of the cable.
3. Attach the cuff to your ankle.
4. Stand about two feet away from the frame and grasp the frame with your hands for support.
5. Bend your knees and push your hips back slightly.
6. Kick back, from your glutes, as high as your leg will go.
7. Hold for a second at the top.
8. Lower your leg back down to the floor, to the starting position.



Note: Do not swing your leg back too quickly, stay controlled throughout the entire movement. I often like to do mini kick-backs when I reach the top to create even more tension in the glutes.



GHD MACHINE

1. Have the middle of your thighs on the top of the pad and your feet in the holds.
2. Start with your body bent over the pad so that you're almost create a right-angle in your torso.
3. Have your knees bent slightly.
4. Lift your upper body past horizontal, pulling from your glutes and hamstrings.
5. Slowly return to the start position.

Note: Keep your back straight and your core tight throughout the entire exercise. Do not throw yourself upwards, go slow and really feel it pulling in your hamstrings. I would recommend holding a weight tight against your chest to really push yourself.



LEG PRESS

1. Adjust the seat so that you are as close to the press as you can.
2. To best target glutes, start with your feet quite high on the press, wide apart and toes pointing slightly outwards.
3. Push through your heels, tensing your body and gripping the handles for stability.
4. Straighten your legs but do not lock them out, especially if you're doing heavy weights.
5. Slowly bend your legs and return to the start position.

Note: Make sure that your knees are always working outwards and not inwards.



VARIATION

Single-leg leg press:

1. Turn onto your side and place your foot slightly higher than half way up the foot board.
2. Have your knee and toe pointed out at a 30° (similar leg and foot position to a normal squat).
3. Push from your heel and straighten your leg but don't completely lock it out.
4. Bend your leg and slowly return to the start position.

Note: Ensure that your knee is moving outwards from your body when extending and never buckles in towards your body. You may need to move your foot about to find the best position for targeting the glutes as every leg press is slightly different. Also, this is harder than normal leg press with both legs so lower the weight a lot to start with.



REPS AND SETS

Change it up! The fastest way to stop your progress is to repeatedly train at a similar number of reps and sets. Our bodies are very clever and will quickly get too comfortable at a certain range of reps (eg. if you always train between 10-15 reps).

There are two types of training in terms of reps and sets.

1. Fewer reps using heavier weights with longer rest between sets (eg. 1-6 reps)
2. More reps using lighter weights with shorter rests between sets (eg. 8-15 reps)

When you train you want a mixture of both types 1 and 2.

Type 1: fewer reps at heavier weights, will improve your strength.

Type 2: using lighter weight and completing more reps leads to more metabolic gains (hypertrophy) which leads to bigger, more defined muscles.

Reasons to do both type 1 & 2:

If you always train over the same small rep range (eg: always working between 10-12 reps per set), your body will adapt quickly to your training method and this could cause you to plateau. By constantly changing up your reps and sets you will be forcing your body to adapt which will help improve your strength and muscle growth. Also, you will need to improve your strength to increase the weight being used at higher reps which will in turn increase muscle growth and toning. Without improving your strength by using heavier weights for fewer reps, you may struggle to increase the weight you are able to use for higher reps and so your progress may slow down.

With my workouts, I prefer to start with heavier weights at lower reps and then increase my reps throughout the session. I usually start with compound movements (squats, lunges, deadlifts etc.) with heavier weights and lower reps before going into more isolation movements with increased reps. The reason I do this is so that I can complete my compound movements while I am still fresh and so I can push myself in terms of weight.

You can see from the workouts below that the reps are usually between 8-15 (type 2). This is because to push yourself enough at a lower rep range (1-6, type 1) you need to have your form spot on. I wouldn't feel comfortable giving lower rep ranges at the start for any beginners. As you get more experienced, or if you are already comfortable with the movement, then I would encourage you to decrease the number of reps on squats and deadlifts into the 1-6 range, and really try to push yourself weight wise with those movements!

WORKOUTS/HOW I PLAN MY WORKOUTS

WARM UP

I am not very specific when it comes to warm ups and would not feel the need to tell anyone exactly what to do for one. As long as you “warm up” the necessary muscles then that should do the trick! For a glutes day I would often cycle for 5-10 minutes and then complete some unweighted squats and resistant band squats. I also find that foam roll outs are really useful to use after warming up slightly. These will warm up your muscles further and will help if your legs are still slightly sore going into the work out. I would then often take the first movement (squats, deadlifts, lunges) and complete a couple of sets at higher reps on a lower weight. This will help ensure that you are both physically and mentally prepared for the first heavy movement. I would build myself up to the heaviest weight I can do for that number of reps before counting my first set in the workout. I would recommend doing this for every movement. Complete a set at a slightly lower weight so that you can practice the correct form before increasing the weight and counting your first set for that movement.

WORKOUTS

My workouts do not consist of loads of complicated movements, instead, they focus on a mixture of key movements to target all areas of the glutes.

All movements should be done in the order given if possible!

There are 6 workouts in 3 pairs. I class the pairs as days; day 1, day 2 and day 3. It is important to try to complete one workout from each day before repeating a day. I understand that you may prefer the look of the workouts from one of the days compared to another, but I really encourage you to try the workouts from all 3 days to boost your booty building potential.

Try to complete all 3 days within approximately 10 days. If this is not possible, prioritise days 1 and 2 as these are the main workouts, with day 3 workouts being more of an accessory. You may find that early on you are sore for several days after completing a day 1 or 2 workout and I would recommend that you fully recover before attempting another day 1 or 2 workout. However, you may choose to complete a day 3 workout while still slightly sore.

For example, if you want to train glutes 3 times a week, you may choose to complete a day 2 workout on Monday, a day 3 workout on Wednesday and then a day 1 workout on Friday before repeating the cycle the following week.

I would not encourage you to train glutes more than 3 times a week as recovering is important, so that you can push yourself every session.

DAY 1 & 2

These workouts are your ALL OUT SCREAM AND SHOUT workouts. You need to be pushing yourself to lift heavy at all times during these workouts.

If you are used to quickly smashing out 15 reps and taking very short rest times between sets, you may find these workouts seem short in comparison. The whole point of these workouts is to push yourself on every single rep. For example, below you can see that for the first movement, squats, you only have 8 reps. By the 8th rep you want to be struggling to get back up! This isn't a quick pump out, of 8 reps in 8 seconds. You need to push yourself with the weight so that each rep challenges you and you do not find any rep particularly easy, but you can still make it to the 8th rep.

Then, because you have pushed your body a lot more during the set you take longer rests between sets (eg: at least 2 minutes rest between squat sets). The challenge shouldn't come from the struggle of continuous reps, but more so from the challenge of each rep itself. However, please ensure you work your way up with lifting heavier weights as, if you are a beginner, your body may not be used to it and you need to perfect the form first. After you are confident in your form you can start pushing yourself a little more each session.

If you are, or once you become, a more experienced lifter, I encourage you to decrease the number of reps for squats and deadlifts and to push yourself even more in terms of weight. I would feel uneasy suggesting this to a beginner as it is essential to perfect the form to be able to push yourself in this way. During a session, every week try to decrease the number of reps to 1-6 for squats and/or deadlifts. The reasons for doing this are stated above in the "reps and sets" section.

DAY 1 WORKOUT OPTION 1:

<u>Order</u>	<u>Exercise</u>	<u>Sets x Reps</u>	<u>Notes</u>
1.	Pause squats	3 x 8	Use a lower weight than normal squat! Stay controlled, and push through those heels and glutes!!
2.	Squats	3 x 8	Remember you should be struggling by the 8 th rep!
3.	Romanian deadlift	4 x 10	Keep your legs slightly bent and in the same position the whole time!
4.	Hip thrusts	4 x 10	Push yourself with these! You'll be surprised by how much weight you can do with these!
5.	Banded hip thrusts	4 x 10-15	Push against the band with your knees at all times!! Don't let them be pushed in towards each other.

DAY 1 WORKOUT OPTION 2:

<u>Order</u>	<u>Exercise</u>	<u>Sets x Reps</u>	<u>Notes</u>
1.	Squats	3 x 8	You should be struggling by the 8 th rep!!
2.	Banded squats	4 x 10	Push against the band with your knees at all times!! Don't let them be pushed in towards each other.
3.	GHR (or Romanians if you prefer)	3 X 8	Remember, keep your back straight, don't swing up but pull from your hamstrings and glutes!
4.	Glute Bridges	4 x 10	Push yourself, you will be very surprised by the amount of weight you'll be able to lift with this movement!! Squeeze those glutes!
5.	Banded glute bridges	4 x 10-15	Push your knees against the band at all times and squeeze your glutes at the top!

DAY 2 WORKOUT OPTION 1:

<u>Order</u>	<u>Exercise</u>	<u>Sets x Reps</u>	<u>Notes</u>
1.	Deadlift	3 x 10	Remember to take the weight all the way down to the floor after every rep!
2.	Raised dumbbell deadlift	4 x 10	Push yourself! Again you'd be surprised how heavy you can go with these! The hardest part is carrying the weight over from the rack
3.	Step ups	3 x 12(each leg)	Make sure you're stepping onto a platform about knee height eg: a bench/stool
4.	Backwards lunges	3 x 10(each leg)	Keep your back straight and upright with your core tensed!
5.	Hip abductor machine	4 x 15	Make sure you try the variation where you lean forward, grab the machine with your hands and lift your bum off the seat

DAY 2 WORKOUT OPTION 2:

<u>Order</u>	<u>Exercise</u>	<u>Sets x Reps</u>	<u>Notes</u>
1.	Deadlift	4 x 8	These can feel awkward at first! Take it slow and controlled- you'll get used to them! Once you are- push yourself!!
2.	Sumo (wide stance) goblet squat <small>(For people already used to doing deadlifts- do sumo deadlifts)</small>	3 x 10	Push up from your heels and squeeze glutes at the top!
3.	Walking lunges	3 x 8 (8 on each leg)	Try these with light weight first to test them out, the balancing of the weight makes these more difficult
4.	Leg press	3 x 15	Place your feet high up on the board and push through your heels!!
5.	Single leg, leg press	4 x 10	Keep your knee and toes pointing outwards as it would be in a normal
6.	Cable kick backs	4 x 10	Slow and controlled and pause at the top and do some mini raises to create more tension in the glutes

DAY 3 WORKOUT OPTION 1:

Higher rep and lighter weight workouts! This focuses on toning, hypotrophy and making the glutes burn!

<u>Order</u>	<u>Exercise</u>	<u>Sets x Reps</u>	<u>Notes</u>
1.	Split squats	3 x 8(each leg)	Push through your heel!!
2.	Single leg deadlift	3 x 8(each leg)	You can lower the weight below your knee if you want a challenge! (I tend to feel it even more in my glutes when I do this!)
3.	Walking lunges	3 x 10-15 (each leg)	Keep the weight light and focus on your form.
4.	Goblet squat Curtsy lunges	10 reps 16 reps (alternating legs)	Goblet: toes pointed out slightly! Curtsy: keep your knee and foot facing forward
5.	Resistance band squats Resistance band glute bridges	10 reps 15 reps	(3 sets) Push your knees against the band at all times during both exercises and squeeze your glutes at the top!

SUPER SET

Perform curtsy lunges straight after!

SUPER SET

USE NO WEIGHT OR
VERY LIGHT WEIGHT
FOR THESE!!

DAY 3 WORKOUT OPTION 2:

<u>Order</u>	<u>Exercise</u>	<u>Sets x Reps</u>	<u>Notes</u>
1.	Split squats	3 x 8(each leg)	Push through your heel!!
2.	Leg press	3 x 15	Place your feet high up on the board and push through your heels!!
3.	Single leg, leg press	2 x 10(each leg)	Toes and knee pointed outwards slightly! Push through those heels!!
4.	Backwards lunges Dumbbell Romanians	16 reps (alternating legs) (3 sets) 10 reps	Make sure you use a light weight/no weight so you're able to complete 26 reps without taking a rest between the movements!
5.	Resistance band squats Resistance band glute bridges	10 reps (3 sets) 15 reps	Push your knees against the band at all times during both exercises and squeeze your glutes at the top!

SUPER SET!

SUPER SET!
USE NO WEIGHT OR
VERY LIGHT WEIGHT
FOR THESE!!

RECOVERY/WHEN TO TRAIN

Remember to take time after your workout to fully stretch your muscles. You should be using mainly static stretches at the end of your workout and holding each one for at least 10 seconds if possible. You can also use a foam roll out at the end of sessions to help with recovery. I usually stretch continuously throughout my workouts, between every set, but for less time (just to keep loose). This helps increase mobility and muscle growth as well as recovery. I always regret it when I do not stretch as, for the next couple of days, my muscles are much stiffer than how they are when I stretch. So guys, PLEASE STRETCH!!!

I know how tempting it can be to want to work glutes as many times a week as you can, thinking that this is the most effective way to grow them. However, this is not always the case. To grow muscles you need to train hard, challenge your muscles, then give them time to FULLY recover and build up new muscle fibers before training them again. If you continue to over-train your glutes when they're still sore, or recovering from your last session, they will not grow as effectively! You can do a very light session once your glutes are nearly recovered but I would NOT recommend training heavy when your glutes are still recovering.

Say you do a heavy glutes session on Monday and by Wednesday they feel 90% recovered, then you could do a very light or body weight session that isn't going to increase soreness (eg. a day 3 workout). Then, by Friday, when they are fully recovered you can smash out another heavy session.

NOTE: when I say training 'heavy' this is not a specific weight such as 50kg, this just means whatever YOU find heavy and whatever really challenges you personally.

TRAINING OTHER MUSCLES?

YES YES YES YES AND YES.

There are so many reasons why we should train other muscles. Sadly, I can't fit all of the information about training every muscle group into one guide, so of course, I had to start with my favourite. Training all of the other muscle groups will also assist you in lifting heavier weights for legs. You do not want it to be the case that you can no longer increase your squat weight because your core or back is not strong enough.

A MASSIVE THANK YOU AND GOOD LUCK

I just want to say a massive thank you for purchasing my very first guide! I really hope it was helpful for you and helped you gain some confidence at the gym and in the way you train!

I know you will absolutely smash it and PLEASE tag me in any progress pictures or anything similar! Hashtag #Busybeefitness and tag me in the caption! I would love to hear feedback about what you thought about the guide and any updates on your progress using it!

Instagram- busybeefitness
Youtube- busybeefitness
Snapchat- busybee_fitness

Hugs n kisses,

Love Busybee xoxox