



BOOTY BUILDING PROGRAM

DAY 1 WEEK 8

CIRCUIT 1 | Duration: 15min continuous | Rest: 60sec



PLANK TO PUSH UP

REPS: 12

1. Begin exercise in plank position
2. While maintaining tension through your core, and keeping a straight line from your shoulders to toes, drive up to a push-up position, using one hand at a time
3. Revert back to the original position, but avoid rotation of your body
4. For more of a challenge, add a push-up with each rep



SHOULDER TAPS

REPS: 10 EACH SIDE

1. Begin exercise in pushup position with arms fully extended
2. Slowly raise one hand to the opposite shoulder, while maintaining stability through the opposite arm and whole body
3. Return hand to the floor, and repeat movement with the opposite hand



RUSSIAN TWIST

REPS: 12 EACH SIDE

1. Begin the exercise with your knees and feet together and elevated from the ground, and your torso slightly reclined
2. While maintaining this position, slowly twist, with your hands touching the ground next to your hip
3. Slowly return to the opposite side, and repeat for the suggested amount of repetitions

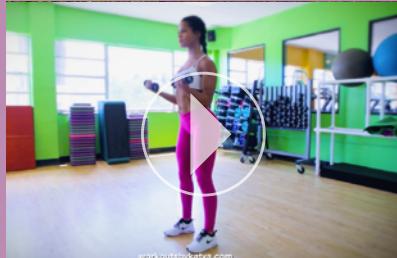
CIRCUIT 2 | Duration: 15min continuous | Rest: 60sec



CHAIR DIPS

REPS: 12

1. Using your arms as support, lift your body up and keep a straight line between your ankles, hips and shoulders
2. Slowly bend your arms to 90 degrees, maintaining body tension
3. Extend your arms back to the original position, ensuring that you are using your arms, not your hips and back



BICEP CURLS (HOLDING OBJECT)

REPS: 12

1. Begin exercise with hands by your side and palms facing forwards
2. Hinge from your elbow straight up, until your hands almost reaches your shoulder but keep tension on your bicep throughout the whole movement
3. Slowly lower your hands back to starting position before repeating movement for suggested amount of repetitions



BIRD DOG

REPS: 12

1. Begin exercise on hands and knees, with your knees directly beneath your hips and hands directly beneath your shoulders
2. Slowly lift your arm and opposite leg. Fully extend them, making a straight line between the tips of your fingers and the toes on your feet
3. Slowly return to original position maintaining core activation, and keeping your hips straight
4. Repeat for the other side - this is 1 rep



BOOTY BUILDING PROGRAM

DAY 2 WEEK 8

CIRCUIT 1 | Duration: 15min continuous | Rest: 60sec



SQUAT PULSES

SECONDS: 25

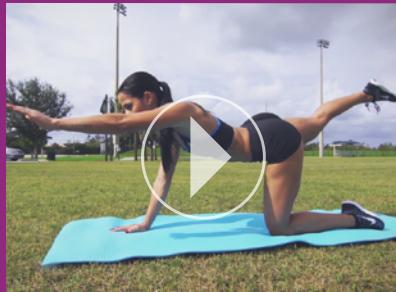
1. Perform a squat and pause at the bottom of the movement.
2. While at the bottom of your squat, slightly pulse up and down for the recommended amount of time



FIRE HYDRANTS

REPS: 10 EACH SIDE

1. Begin exercise on hands and knees, with your knees directly beneath your hips and hands directly beneath your shoulders
2. Push out of your shoulders and engage your core muscles
3. Externally rotate your leg as high as possible while maintaining hip stability and core tension
4. Slowly lower your leg back to the starting position before repeating the movement



BIRD DOG

REPS: 10 EACH SIDE

1. Begin exercise on hands and knees, with your knees directly beneath your hips and hands directly beneath your shoulders
2. Slowly lift your arm and opposite leg. Fully extend them, making a straight line between the tips of your fingers and the toes on your feet
3. Slowly return to original position maintaining core activation, and keeping your hips straight
4. Repeat for the other side - this is 1 rep

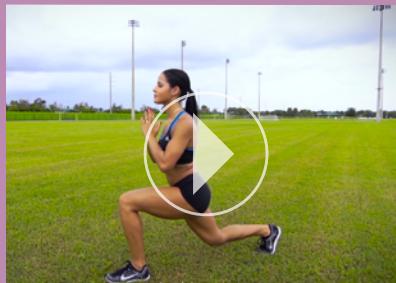
CIRCUIT 2 | Duration: 15min continuous | Rest: 60sec



STATIONARY LUNGES

REPS: 10 EACH SIDE

1. Start with your legs shoulder-width apart
2. Take a long step forward (lunge) on one leg, stepping so that your opposite knee touches the ground
3. Return to the starting position by pushing through your front heel and stepping back with the front foot



SWITCH JUMPS

SECONDS: 20

1. Begin exercise by separating feet at the distance of a running stride
2. Descend into movement until front knee is at 90 degrees - keep the majority of your weight in your front leg
3. Explosively drive through your front heel to jump
4. Whilst in the air, switch feet positions
5. Control your landing while maintaining momentum for the next repetition



CRUNCH HOLD

SECONDS: 20

1. Begin movement with hands crossed on your chest, feel shoulder width apart, and your knees at a 45 degree angle
2. Engaging the core, draw your chin to the chest, and raise your torso until your shoulder blades are no longer touching the floor
3. Pause at the top of the movement, for the suggested amount of time, maintaining constant core activation, before slowly returning to the starting position



BOOTY BUILDING PROGRAM

DAY 3 WEEK 8

Rest





BOOTY BUILDING PROGRAM

DAY 4 WEEK 8

CIRCUIT 1 | Duration: 15min continuous | Rest: 55sec



STAR JUMPS

REPS: 12

1. Begin exercise with hands at your sides, standing upright
2. Jump and extend your arms to 90 degrees, and your legs to 45 degrees in the air
3. While in the air, return your arms and legs to the original position, before safely landing on the balls of your feet, maintaining momentum
4. Repeat movement for suggested amount of repetitions



PLYOMETRIC PUSHUPS

REPS: 12

1. Begin the movement at the top of your pushup position on either your knees or feet
2. Slowly descend to the bottom of the pushup position, before exploding with your arms upwards, causing you to lift away from the ground
3. Control your landing, and return back to the pushup position and repeat the movement



BURPEES

REPS: 10

1. Squat down to the floor and place your hands shoulder width apart with your arms straight
2. Jump your feet straight back to a pushup position (add a pushup for a greater challenge)
3. Immediately jump your feet back to the squat position in step 1
4. Explosively jump straight up in the air as high as you can, keeping tension in your body
5. Maintain momentum, but land softly by bending your knees and absorbing the impact before repeating

CIRCUIT 2 | Duration: 15min | Rest: 55sec



CHAIR DIPS

REPS: 12

1. Using your arms as support, lift your body up and keep a straight line between your ankles, hips and shoulders
2. Slowly bend your arms to 90 degrees, maintaining body tension
3. Extend your arms back to the original position, ensuring that you are using your arms, not your hips and back



LATERAL RAISES (HOLDING OBJECT)

REPS: 10

1. Begin exercise with a dumbbell in each hand, resting them against your hips
2. With your arms straight (but with a soft elbow) slowly raise your arms sideways until they are in line with your shoulders
3. Pause at the top of the movement before slowly returning to the start of the movement



CRUNCHES

REPS: 10

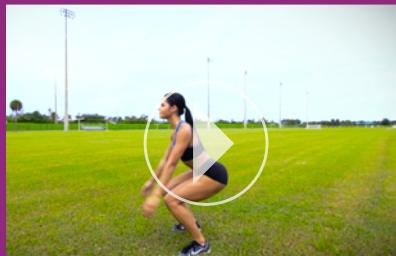
1. Begin movement with hands behind your head, feet shoulder width apart and your knees at a 45 degree angle
2. Engaging the core, draw your chin to your chest and raise your torso until your shoulder blades are no longer touching the floor
3. Briefly pause at the top of the movement before slowly returning to the starting position



BOOTY BUILDING PROGRAM

DAY 5 WEEK 8

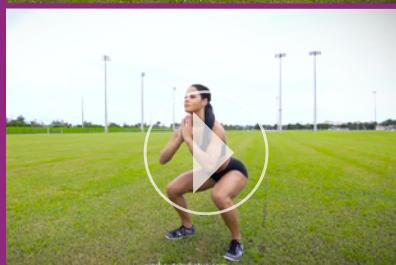
CIRCUIT 1 | Duration: 15min continuous | Rest: 55sec



FROG JUMPS

REPS: 12

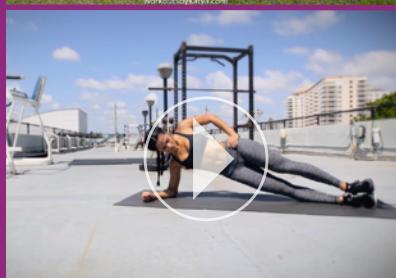
1. Begin the exercise with your feet slightly wider than hip-width
2. Squat down like a frog, until your glutes and hands are almost touching the ground
3. Explosively jump as high as possible, fully extending your whole body, whilst maintaining body tension
4. Control your landing whilst maintaining momentum, and repeat



GOBLET SQUATS- DUMBBELL OR KETTLEBELL

REPS: 10

1. Begin exercise with legs at shoulder width apart
2. Holding an object with both hands directly beneath the chin, perform a squat, ensuring your chest stays upright throughout the movement
3. Drive through the whole foot to return to the starting position



SIDE PLANK

SECONDS: 15 EACH SIDE

1. Begin movement by supporting your torso weight with one forearm directly underneath your shoulder. It should be placed adjacent to your torso, your feet placed together and your hips up, making one straight line from your foot to your shoulder
2. Ensure that your core is engaged, and your hips are straight throughout the course of the exercise
3. Hold the position for the suggested amount of time

CIRCUIT 2 | Duration: 15min continuous | Rest: 55sec



STEP UPS

REPS: 8 EACH SIDE

1. Begin with one foot on the box
2. With all the weight in your front leg, extend straight up, keeping a slight bend forward at your hips
3. Slowly return to the starting position, making sure your knee is in line with your middle toe and doesn't bend past your toes
4. Complete desired amount of repetitions before changing legs



CALF RAISE + SHIN RAISE

SECONDS: 25

1. Perform the calf raise
2. Once your heels and feet return to the ground, lift your toes up, ensuring your weight is placed through your heels



ONE LEG HOPS

REPS: 8 EACH SIDE

1. Begin the exercise with both feet shoulder width apart
2. Hop to your left foot, ensuring a controlled landing - pause in this position
3. Extend out through your foot and repeat the movement in the opposite direction, ensuring complete balance each time you land on your foot



BOOTY BUILDING PROGRAM

DAY 6 WEEK 8

CIRCUIT 1 | Duration: 3 x 5 min | Rest: 30 second slow walk

RUN/BRISK WALK



1. Either run or walk at a brisk pace so that you would find it difficult to have a conversation
2. Continue at this pace for the required amount of time
3. If this pace becomes too difficult, slow down and walk until you feel comfortable to pick up the pace again

CIRCUIT 2 | Duration: 5 x 5 | Rest: 30 second

BURPEES

REPS: 5 X 5 | 30 SECOND REST



1. Squat down to the floor and place your hands shoulder width apart with your arms straight
2. Jump your feet straight back to a pushup position (add a pushup for a greater challenge)
3. Immediately jump your feet back to the squat position in step 1
4. Explosively jump straight up in the air as high as you can, keeping tension in your body
5. Maintain momentum, but land softly by bending your knees and absorbing the impact before repeating



BOOTY BUILDING PROGRAM

DAY 7 WEEK 8

CIRCUIT 1 | Duration: 15min continuous | Rest: 55sec



SUMO SQUATS + CALF RAISES

REPS: 10

1. Begin with your feet together
2. Step to one side and perform a sumo squat
3. Step back to the starting position and lift your heels into a calf raise
4. This is 1 rep - repeat for the required number of repetitions



BRIDGE (SINGLE LEG)

REPS: 8 EACH SIDE

1. Lay on your back with your knees bent to 90 degrees and feet hip-width apart. Extend one leg straight up
2. Lift your hips up as high as possible forming a straight line from your shoulders to your knee
3. Squeeze your glutes and hold this position
4. Keeping your back straight, slowly lower your leg and repeat for the other leg - this is 1 repetition



BICYCLES

REPS: 10 EACH SIDE

1. Begin exercise lying on your back with your feet at 90 degrees
2. Crunch upwards, twisting one elbow to the opposite knee and briefly pause
3. With the opposite leg, fully extend it outwards whilst still in crunch position
4. Return to original position, and repeat with opposite elbow and knee

CIRCUIT 2 | Duration: 15min | Rest: 55sec



STATIONARY LUNGES

REPS: 10 EACH SIDE

1. Start with your legs shoulder-width apart
2. Take a long step forward (lunge) on one leg, stepping so that your opposite knee touches the ground
3. Return to the starting position by pushing through your front heel and stepping back with the front foot



DONKEY KICKS

REPS: 8 EACH SIDE

1. Start on your knees with both hands on the ground
2. Elevate the chosen leg vertically, engaging the glutes and squeezing them throughout
3. Reverse the movement back to the starting position and repeat



BIRD DOG

SECONDS: 30

1. Begin exercise on hands and knees, with your knees directly beneath your hips and hands directly beneath your shoulders
2. Slowly lift your arm and opposite leg. Fully extend them, making a straight line between the tips of your fingers and the toes on your feet
3. Slowly return to original position maintaining core activation, and keeping your hips straight
4. Repeat for the other side - this is 1 rep