



BOOTY BIBLE

3.0



Hello Beauty's!

My name is Dani, and I am a NASM certified personal trainer who has helped thousands of women around the world! I fell in love with the fitness world when I was 14 years old and I have never looked back since then! My love for a healthy lifestyle stemmed from my struggle to love myself from a very young age & there is no better feeling than being confident in yourself and proud of the work you've achieved! I'm so happy and proud to be able to help so many women make positive changes to their lives, and want to thank you for choosing and trusting me as your coach! 



GLOSSARY

HIIT

HIGH INTENSITY

SS

INTERVAL TRAINING

DL

SUPER-SET* -

Do both exercises back to back and only rest when you've done them BOTH.

DB

DEADLIFT

EL

DUMBBELL

SL

EACH LEG

KB

SINGLE LEG

BURNOUTS

KETTLE BELL

BB

BURNOUTS - Go until your muscles are fatigued

BARBELL



MYTHS

LIFTING HEAVY WEIGHTS WILL MAKE YOU BULKY

Women do not produce enough testosterone to get nearly as big or shredded as a man does. Unless you are taking performance enhancing drugs, you will not look “manly.”



NO CARBS

You don't have to cut them out all together! Just reduce your intake as a whole and go into a deficit – Caloric deficit means you're eating less than your body is burning!



H2O

Your body is nearly two-thirds water! If you don't drink enough you may feel tired and sluggish get headaches, experience constipation, dry skin and destroys your performance. Water is needed for bodily organs and functions to work optimally and helps to flush out toxins.

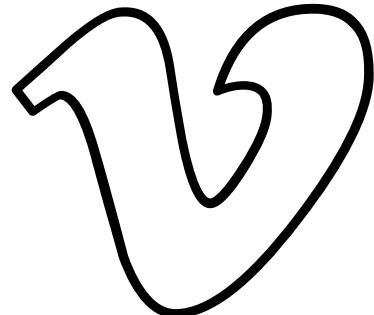
Medical experts recommend drinking at least half of your body weight in ounces of water per day!



VIDEOS

Video demonstrations are available directly from this guide!

Click the name of each exercise in order to view demonstrations using the Vimeo App!



PROGRESS

Progress pictures help you keep track of your progress. Often times women get discouraged when they focus on the numbers on a scale. My biggest tip is never worry about your scale weight, our weight fluctuates daily due to our hormones, underlying health issues, gut issues or it could be that time of the month!

TAKE PICTURES + VIDEOS

OPEN UP YOUR BLINDS AND STAND IN FRONT OF A WINDOW OR FIND A ROOM WITH GOOD LIGHTING!

LEAN YOUR PHONE AGAINST SOMETHING AND RECORD A VIDEO FRONT,SIDES AND BACK VIEW.

USE THIS TO TRACK YOUR PROGRESS FOR THE NEXT 6 WEEKS!

THROW THE SCALE AWAY!

THE SCALE IS NOT THE BEST WAY TO TRACK PROGRESS

MAKE SURE YOU ARE TAKING PROGRESS PICTURES

BEAUTY TIPS



wash your hair 1-2 times a week to prevent damage & drying out!



PCA has changed my skin!! + Monthly facials will have you GLOWING



This has saved my hair! I sweat so much from my sc alp and I blow dry my hair a lot. This keeps my hair shiny.



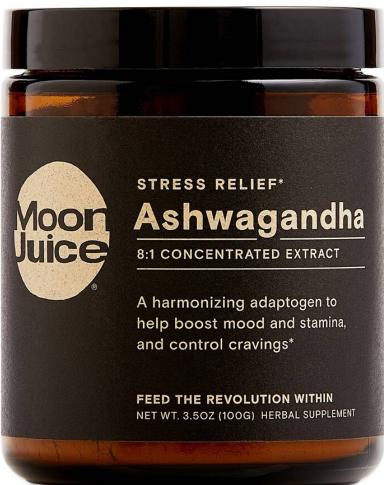
VITAMINS

BEAUTY & HEALTH COME FROM THE INSIDE OUT

Here are some of my go to Vitamins & Probiotics!

EVE~~RY~~ MORNING:

- Helps grow muscle mass
- Reduces joint pain
- Increases endurance and Libido
- Relieves adrenal fatigue
- Combats anxiety and stress



EVE~~RY~~ NIGHT:

- Balances good bacteria in your digestive system
- Essential for gut health which is linked to mood and mental health
- Supports heart health
- Boost your immune system



F₄ O₁ O₁ D₂

I₁ S₁

B₃ A₁ E₁

NUTRITION

CARBS

PROTEIN

FATS

WHY WE
NEED THEM

HOW
THEY'RE
USED

WHERE TO
FIND THEM

Carbs are the body's main source of fuel and are easily used by the body for energy.

Protein is essential for growth, tissue repair, immune function, preserving lean muscle, and producing essential hormones and enzymes.

Fats are essential in cell, nerve tissue and hormone production. Fats are also essential for absorbing fat-soluble vitamins like vitamins A, D, E, K, and carotenoids.

Carbs break down into glucose, which is used for energy. They're also stored in muscles and liver for later use and are important for the central nervous system, kidneys, brain, muscles and intestinal health.

The body uses protein for energy when carbs aren't available.

Fats are the most concentrated source of energy. If fats consumed aren't burned as energy or used to build body tissues, they're stored in the body's fat cells for later use.

Grains, fruits, milk and yogurt.

Meat, poultry, fish, cheese, milk, nuts, and legumes

Unsaturated fats such as olive oils, avocado, nuts, fatty fish (like salmon) and canola oil.



STRUCTURING MEALS

WEIGHT LOSS

Meal 1: Protein + Fats

Meal 2: Protein + Veggies + Fats

Meal 3: Protein + Carbs + Veggies

Meal 4: Protein Shake + Fats

Protein should be 4-6 oz

Carbs should be - 1- 1/2 cup

Fats should be a handful

Veggies are unlimited - cooked with salt, pepper & any sodium free seasoning!

WEIGHT GAIN

Meal 1: Protein + Carbs

Meal 2: Protein + Fats + Veggies

Meal 3: Protein + Carbs + Fats

Meal 4: Carbs + Protein

Protein should be 6 oz

Carbs should be 1 1/2 -2 cups

Fats should be the size of your palm

Veggies are unlimited - cooked with salt, pepper & any sodium free seasoning



GROCERY LIST

CARBS

- Oatmeal (oats)
- Whole grains
- Whole wheat pastas
- Brown rice
- Bean
- Corn
- Couscous
- Quinoa
- Squash
- Potatoes (all kinds)
- Yams
- Bananas
- Strawberries
- Plantains
- Lentils
- Broccoli
- Cauliflower
- Asparagus
- Carrots
- Mushrooms
- Spinach
- Tomatoes

PROTEIN

- Turkey bacon
- Salmon
- Chicken breast
- Lean ground turkey
- Lean ground chicken breast
- Shrimp
- Tilapia
- Egg whites
- Plant protein
- Tempeh tofu
- Seitan
- Nuts
- Nut butters
- Edamame
- Beans
- Lentils
- Hemp seeds
- Chia seeds

FATS

- Avocado
- Avocado oil
- Nuts
- Nut butters
- Olives
- Olive oil
- Sunflower oil
- Canola oil
- Flax seed oil
- Flax seeds
- Plant based butters



SEASONINGS

SEA SALT
HIMALAYAN SALT
LEMON PEPPER MRS DASH
ANY MRS DASH SEASONING
PEPPER
GARLIC
PARSLEY
COCONUT OIL
AVOCADO OIL
OLIVE OIL
SUGAR FREE KETCHUP
SUGAR FREE BBQ

GROCERY LIST CONT.

VEGGIES

RED PEPPERS
GARLIC
GREEN PEPPER
ONIONS
CILANTRO
LETTUCE
SPINACH
ASPARAGUS
BROCCOLI
SQUASH
CAULIFLOWER

FRUITS

PINEAPPLE
STRABERRY
GRAPEFRUIT
BLUE BERRY
BLACK BERRY
DRAGON FRUIT
PAPAYA
GUAVA
ORANGE
TANGERINE
WATERMELON



do it for you

BEAT THE BLOAT

BLOATING IS AN EXTREMELY COMMON PROBLEM AMONGST WOMEN TODAY

There are many reasons why you may feel bloated, and they're not just the ones you think: you may be dehydrated, eating the wrong foods, not incorporating enough greens into your diet so your body isn't alkaline, you may be eating your food too quickly, you may be allergic/intolerant to lactose, gluten, fructose, grain, legumes or wheat. It could even be the medication you're taking, bacteria in your gut, an excess consumption of artificial sweeteners and so on.

HOW TO DEFEAT BLOATING

Up your water intake. Keeping yourself hydrated will not only help with bloating but also with fat loss. Add some lemon to your water as this helps push out toxins.

Remove processed, fatty, heavy foods from your diet. Your body struggles to digest these foods.

Eat more cooked green vegetables as you might need more fiber.

Fiber is a key player in helping food move through your body. Greens to eat: spinach, kale, celery, cucumber, green beans, snow peas, peas, sprouts, asparagus, spirulina, watercress and lettuce. If you have trouble getting in the recommended greens, take a vital green supplement

GLUTE ACTIVATION

Your glutes are the biggest muscle on your body & it is also the most neglected due to jobs and school that require you to sit on your booty all day. Activating your glutes before EVERY leg day is important. This will "wake up" your glutes and warm them up making it easier to work on them & GROW them.

“ — You dont get the ass you want by sitting on it ”

On leg days you are going to pick 3 exercises and perform 15 reps of each.

Glute Bridges

Donkey Kick

Banded Squat

Banded Monster Walks

Single leg bridge

Frog Pumps

STRETCHING

Stretching is SO important - do this stretching circuit before you workout
EVERY DAY

hold each stretch for 10-15 seconds & transition to the next one. Should be done before cardio



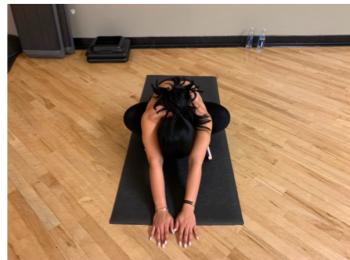
pigeon pose



quad stretch



hamstring stretch



pretzel stretch



hurdler stretch



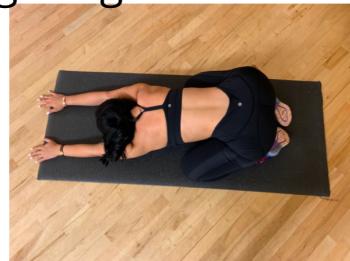
upwards dog



standing tricep/shoulder stretch



single leg downward dog



childs pose



CARDIO

IF YOU ARE TRYING TO
LOSE FAT

CARDIO SHOULD BE DONE 3-5 TIMES A WEEK
20-30 MINUTES
STAIRMASTER, ELLIPTICAL, TREADMILL.

IF YOU ARE TRYING TO
GAIN WEIGHT

CARDIO SHOULD BE DONE 2 TIMES A WEEK
10-15 MINUTES
STAIRMASTER

IF YOU ARE TRYING TO
GAIN MUSCLE & LOSE
FAT

CARDIO SHOULD BE DONE 4 TIMES A WEEK
20 MINUTES
STAIRMASTER, ELLIPTICAL.

WORKOUT SCHEDULE

WEEK 1-3

MONDAY

GLUTES

WEDNESDAY

QUADS & CALVES

FRIDAY

HAMSTRING & GLUTES

WEEK 4-6

MONDAY

QUADS&HAMSTRING

WEDNESDAY

GLUTES

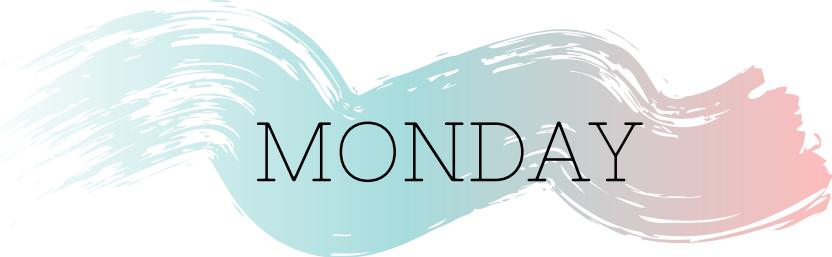
FRIDAY

FULL LEG DAY

SATURDAY

STRETCH

MOTIVATION GETS YOU
STARTED
DISCIPLINE KEEPS YOU
GOING



MONDAY

Goblet Squat 4 x 10

Romanian deadlift 4 x 12

Landmine squats 4 x 15

SS

Jump squats 4 x 20

Leg press (high foot placement) 4 x 15

Abductor with (or without) band

4 x 20

WEDNESDAY

Pulse squats 4 x 10

each

Leg extension 4 x 10

Steps Ups

SS

Jump squats 4 x 10 each

Front Cable squat 4 x 10

DB calf raises 4 x 20

AB CIRCUIT 4 x 1 minute each (4 exercises for 1 minute = 1 set)

Reverse Plank

Toe Touches

Leg Raises

Heel Taps



FRIDAY

Romanian deadlift 4 x 10

Lying hamstring curl 4 x 15

Rope Pull Through 4 x 20

Sumo squat 4 x 10

Overhead lunges 4 x 12

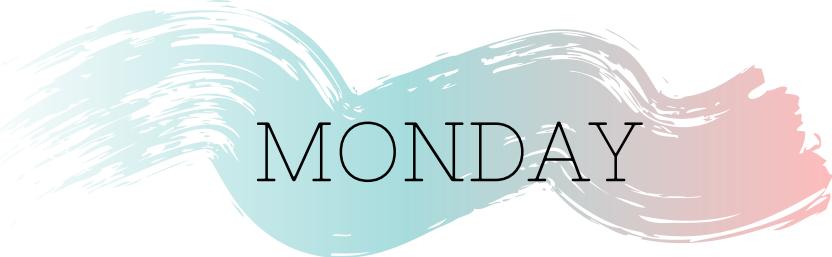
AB CIRCUIT 4 x 1 minute each (4 exercises for 1 minute = 1 set)

Lying leg raises

Flutter kicks

Knee to elbow

WEEK 4-6



MONDAY

Single leg deadlift 4 x 10

Leg Extension 4 x 10

Knee to squat jump 4 x 10

Walking lunges 4 x 10

Hamstring curl 4 x 10

Burn out

100 Walking Lunges

100 Jump Squats

100 Hip Thrust



WEDNESDAY

Barbell hip thrust 4 x 1

Cable pull through 4 x 15

Single leg hip thrust 4 x 10 each

Hyperextension 4 x 20

Heavy walking lunge 4 x 10

Seated calf raise 4 x 20

AB CIRCUIT 4 x 1 minute each (4 exercises for 1 minute = 1 set)

Side plank

Russian twist

Knee to elbow

Reverse Plank



FRIDAY

Leg extension 4 x 10

Good morning 4 x 10

Romanian deadlift 4 x 15

Glute bridge 4 x 20

Split Squat 3 x 15 EL

AB CIRCUIT 4 x 1 minute each (4 exercises for 1 minute = 1 set)

Side plank

Russian twist

Knee to elbow

Reverse Plank

YOU DID IT!