

Free 8-Week Gym Booty Program

Before beginning each workout, start with 15-30 minutes of cardio warmup + stretching. For maximum results perform each workout with intensity & pair it with one of the meal plans provided in the app. Workouts are to be done at the gym.

Week 1

Day 1 | Notes: 45 Second rest between each set
Perform each exercise with weights that allow you to use proper form.

<u>WEIGHT</u>	<u>WORKOUT</u>	<u>SETS</u>	<u>REPS</u>
Light	Walking Lunges with Dumbbells	2	10 per leg / 10 per leg
Moderate	Kneeling Squats	3	14 / 12 / 10
none	Box Jumps	3	10 / 10 / 10
Moderate	Sumo Squats with Barbell	3	12 / 10 / 10
Light	Step-Ups with Dumbbells	2	12 per leg / 12 per leg
Light	Squat Pulses with Kettlebell	2	25 / 25

Day 2 | Cardio
Treadmill, Bike, Elliptical

30 Minutes Steady State Cardio

Day 3 | Notes: 45 Second rest between each set
Perform each exercise with weights that allow you to use proper form.

<u>WEIGHT</u>	<u>WORKOUT</u>	<u>SETS</u>	<u>REPS</u>
none	Plank	2	1 minute / 1 minute
none	Hanging Leg Lift	2	10 / 10
none	Ab Bike	2	15 per side / 15 per side
Moderate	Bent Over Row with Barbell	3	12 / 10 / 10
Moderate	Lat Pulldown	3	12 / 12 / 12
none	Assisted Pull-Ups	3	12 / 12 / 12

Day 4 | Cardio
Treadmill, Bike, Elliptical

30 Minutes Steady State Cardio

Day 5 | Notes: 45 Second rest between each set
Perform each exercise with weights that allow you to use proper form.

<u>WEIGHT</u>	<u>WORKOUT</u>	<u>SETS</u>	<u>REPS</u>
Moderate	Smith Machine Squats	3	12 / 12 / 12
Moderate	Straight Leg Deadlift with Barbell	3	12 / 12 / 12
Light	Abductor Machine	3	15 / 15 / 15
Moderate	Machine Leg Press	3	12 / 10 / 10
none	Fire Hydrants	2	15 per side / 15 per side
none	Plank	3	1 minute / 1 minute / 1 minute

Day 6 | Rest Day

REST

Day 7 | Notes: 45 Second rest between each set
Perform each exercise with weights that allow you to use proper form.

<u>WEIGHT</u>	<u>WORKOUT</u>	<u>SETS</u>	<u>REPS</u>
Moderate	Hip Thrusters with Barbell	3	12 / 12 / 12
none	Box Jumps	3	10 / 10 / 10
none	Ab Bikes	2	15 per side / 15 per side
Resistance Bands	Donkey Kicks	3	15 per side / 15 per side / 15 per side
Moderate	Squat + Military Press with Dumbbells	3	10 / 10 / 10
none	Sprint Intervals 30 second rest between each minute	5	1 minute / 1 minute / 1 minute / 1 minute / 1 minute