

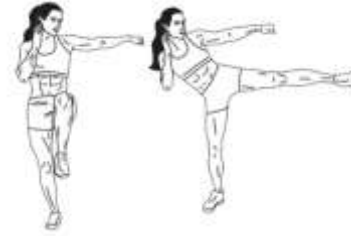
Mon: Full Butt Day

- 12 squats
- 12 side kicks (each leg)
- 12 glute bridges
- 12 lunges (each leg)

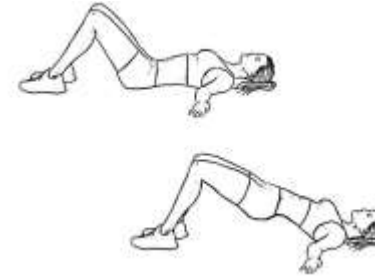
REST FOR 2 MIN. REPEAT 2 TIMES



Squats



Side Kicks



Glute Bridges



Lunges

Nice Work!

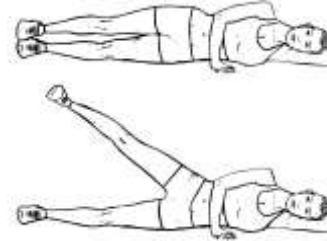
Tue: Hip Dip Day

- 12 single leg bridges (each leg)
- 12 side leg raises (each leg)
- 12 donkey kicks (each leg)
- 12 fire hydrants (each leg)

REST FOR 2 MIN. REPEAT 2 TIMES



Single Leg Bridge



Side Leg Raises



Donkey Kicks



Fire Hydrants

Wed: Day 3: Rest

Thur: Full Butt Day

- 15 squats
- 15 side kicks (each leg)
- 15 glute bridges
- 15 lunges (each leg)

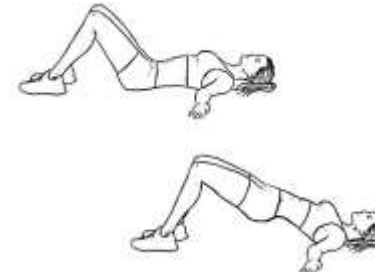
REST FOR 2 MIN. REPEAT 2 TIMES



Squats



Side Kicks



Glute Bridges



Lunges

Friday, Saturday, Sunday - REST

Mon: Perky Butt Day

- 15 curtsy lunges (each leg)
- 15 single leg bridges (each leg)
- 15 lunges (each leg)
- 25 glute bridges

REST FOR 2 MIN. REPEAT 2 TIMES



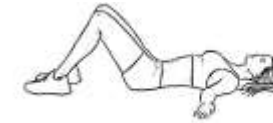
Curtsy Lunges



Single Leg Bridge



Lunges



Glute Bridges

Tue: Squat Challenge Day

- 10 squats
- 10 second squat hold
- 10 squats
- 10 second squat hold

REST FOR 2 MIN. REPEAT 1 TIME



Squats



Squat Hold

Wed: Day 10: Rest

A Special Note

Thank you for downloading this free workout guide. I hope you found it helpful. If so, please tell a friend about Koboko Fitness (especially if they're African. They'll be excited to hear about it). Also, please consider shopping <http://www.kobokofitness.com/fitness-shop> to support my small business. You are so very much appreciated.

Kind Regards,

Kola from <http://www.kobokofitness.com/>