

# *At-Home Booty Blast Workout*

Warm-Up:

10-15 min. Cardio of choice

Then complete the next exercises with minimal rest:

Reverse Hyper-extensions x 20

Jump squats\* x 20

Quadrapped hip extensions (Donkey kicks) x 30/leg

Plyo lunges (alternating legs)\* x 15/leg

Single leg hip thrust x 15/leg

Beginners repeat 1-2 X's total

Advanced repeat 3-4 X's total

Cool Down:

Stretching & Foam Rolling

*\*Plyometric moves can be replaced with standard bodyweight squats or lunges as needed for beginners or people with joint problems*

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