



# ADVANCED

## BOOTY BUILDING PROGRAM



### Reminder!

Print off your photocard  
and take your day 1 photo.  
Make sure it's full length  
and in color.



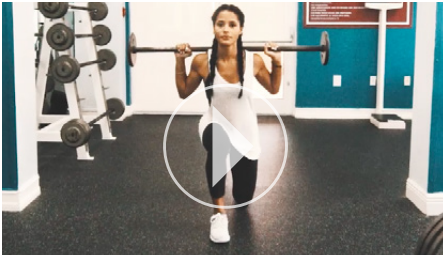
BOOTY BUILDING PROGRAM

**WEEK 1**



**WARM UP** | Elliptical | Duration: 10-15 minutes

**REST:** 60 SECONDS BETWEEN EACH SET



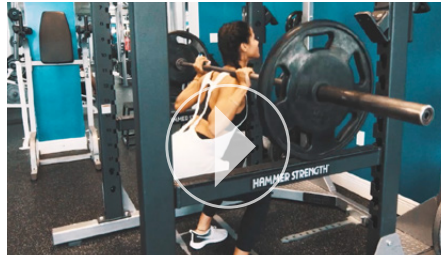
WEIGHT: MODERATE

### WALKING LUNGES (BARBELL)

**SETS: 3**

**REPS: 12 | 12 | 10 (EACH SIDE)**

- 1 Secure a barbell across your upper back, just below your neck height
- 2 Lunge forwards on one leg, ensuring the barbell and your hips stays level
- 3 Pushing through your front heel, bring the back foot forwards until your feet are together again
- 4 Lunge forwards with your opposite foot this time, alternating each time



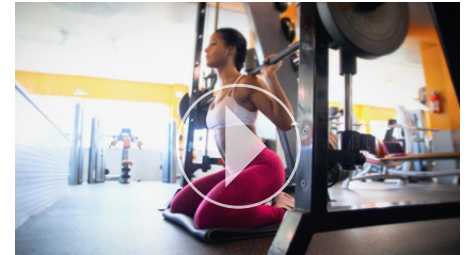
WEIGHT: HEAVY

### BARBELL SQUATS

**SETS: 3**

**REPS: 10 | 8 | 8**

- 1 Stand with your feet shoulder-width apart, with the bar across the back of your shoulders below your neck
- 2 Pushing your hips back, and bending at the knees, sink to 90-degrees. Make sure you keep your back strong and concentrate the weight through your heels and big toe
- 3 Pause at the bottom, before driving through your feet and returning to the starting position
- 4 Ensure your core is braced, chest is up and your glutes are engaged the whole time



WEIGHT: MODERATE

### KNEELING SQUATS

**SETS: 3**

**REPS: 12 | 12 | 15**

- 1 Kneel underneath a smith machine (you can kneel on a mat if that is more comfortable)
- 2 Position the barbell on your shoulders as you would with a regular squat
- 3 Lift and extend your hips making sure not to fully extend them
- 4 Pulse through this position



WEIGHT: MODERATE

### SIDE LUNGES (DUMBBELLS)

**SETS: 3**

**REPS: 12 | 12 | 10**

- 1 With a dumbbell in each hand, take a large step to one side and sink down until your knee is at 90-degrees
- 2 Make sure the ankle, knee and hip of the bending leg stay in a line - the other leg stays straight and only acts for balance
- 3 Push back to the starting position using only the bent leg, ensuring your chest stays up
- 4 Repeat for the same leg, switching legs once you have completed all reps



WEIGHT: MODERATE

### ELEVATED SPLIT SQUAT (DUMBBELLS)

**SETS: 3**

**REPS: 10 | 8 | 8**

- 1 Place 1 foot on a bench behind you, so the ball of your foot is supported. Ensure your feet are parallel and slightly narrower than hip-width
- 2 Bend your front knee to 90-degrees as you lower your back knee towards the floor
- 3 Push through your front foot to return to the starting position, ensuring your chest stays tall



WEIGHT: BODY WEIGHT

### SINGLE SKY BRIDGE

**SETS: 3**

**REPS: 10 | 8 | 10**

- 1 Place one foot on a bench and lift your hips up as high as possible forming a straight line from your shoulders to your knee
- 2 Squeeze your glutes and slowly lower, controlling using your glute
- 3 Repeat for the required number of repetitions before repeating on the other leg

**COOL DOWN** | Duration: 10 minutes | Light Cardio + Stretches

# CARDIO CHALLENGE

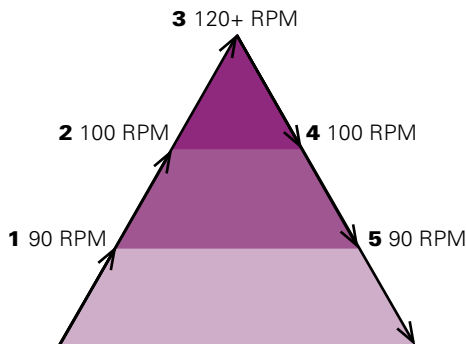


### BIKE

SETS: 5

3 MINUTES

Climbing the pyramid! Each 3 mins it increases, then it decreases. Get as much distance as you can!



### SQUATS

SETS: 1

1 MINUTE



50+ Squats



40-50 Squats



<40 Squats



### BURPEES

SETS: 3

60 SECOND REST BETWEEN SET

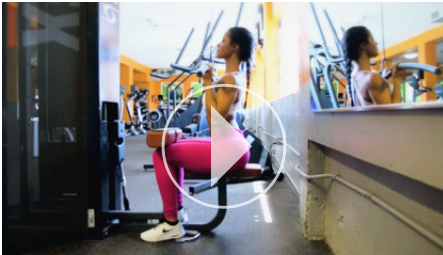
AS  
MANY  
REPS  
AS  
POSSIBLE  
IN ONE MINUTE!

MAKE SURE YOU RECORD YOUR RESULTS!  
WE WILL TEST THIS AGAIN IN WEEK 8 TO SEE HOW FAR  
YOU'VE COME!



**WARM UP** | Elliptical | Duration: 10-15 minutes

**REST:** 60 SECONDS BETWEEN EACH SET



WEIGHT: MODERATE

### REVERSE GRIP LAT PULLDOWN

**SETS: 4**

**REPS: 10 | 8 | 10 | 8**

- 1 Grip the bar shoulder-width with an underhand grip
- 2 Pull the bar down until it is at chest level, maintaining a straight back throughout
- 3 Elevate the bar back to the starting position, but maintain constant tension on your upper back



WEIGHT: HEAVY

### BENT OVER ROW (BARBELL)

**SETS: 3**

**REPS: 10 | 8 | 6**

- 1 Hold your barbell with an overhand grip, with your knees slightly bent, glutes squeezed and your upper body hinged forward to about 45-degrees
- 2 Pull the barbell towards you while keeping your elbows close to your sides and squeezing your shoulder blades together
- 3 Slowly lower the barbell, controlling the movement with your upper back until your arms are straight



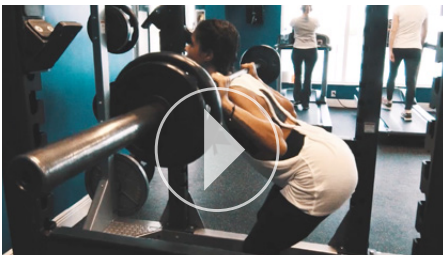
WEIGHT: MODERATE

### ARABESQUE ROW

**SETS: 3**

**REPS: 10 | 8 | 8 (EACH SIDE)**

- 1 With your left leg straight behind you, lower your upper body until there is a straight line from your left foot to your shoulders, with your left arm hanging straight down holding a dumbbell
- 2 Pull the dumbbell towards you while maintaining the arabesque shape - the key is controlling with your right glute
- 3 When you have completed all your reps, switch legs and change arms
- 4 Balance is quite tricky with this exercise - feel free to use your other arm for balance



WEIGHT: MODERATE

### GOOD MORNINGS

**SETS: 3**

**REPS: 12 | 10 | 10**

- 1 Stand tall, feet hip-width apart with a barbell securely held across your upper back and your core and glutes engaged
- 2 Hinging from your hips, lean your upper body forwards by pushing your hips back - go as far as you can while keeping a straight back and glute engagement
- 3 Slowly lift your upper body back up by squeezing your glutes and repeat for the next rep



WEIGHT: BODY WEIGHT

### HANGING LEG RAISES

**SETS: 3**

**REPS: 10 | 12 | 10**

- 1 Support yourself on your forearms and push up through your shoulders with your chest up
- 2 Engage your core and while keeping your legs straight, lift your legs up as high as possible, pausing at the top
- 3 Slowly lower back down until your body is straight before starting the next rep - avoid swinging



WEIGHT: LIGHT

### BARBELL LEG RAISES

**SETS: 3**

**REPS: 10 | 8 | 10**

- 1 Lay on your back holding a barbell straight above your shoulders
- 2 Engage your core and while keeping your legs straight, lift your legs towards the barbell, pausing at the top
- 3 Slowly lower your legs stopping them just before the ground and repeat for the next rep - ensure the barbell stays as still as possible

**COOL DOWN** | Duration: 10 minutes | Light Cardio + Stretches



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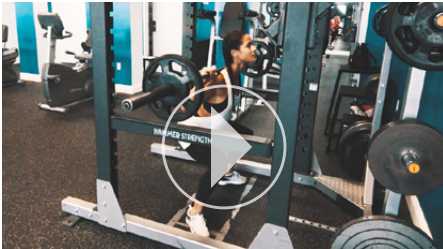


**REST DAY**



**WARM UP** | Elliptical | Duration: 10-15 minutes

**REST:** 60 SECONDS BETWEEN EACH SET



WEIGHT: MODERATE

### SUMO SQUATS (BARBELL)

**SETS: 4**

**REPS: 10 | 8 | 10 | 8**

- 1 Stand with your feet turned out and wider than shoulder-width, with the bar across the back of your shoulders below your neck
- 2 Pushing your hips back, and bending at the knees, sink to 90-degrees. Make sure you keep your back strong and concentrate the weight through your heels and big toe
- 3 Pause at the bottom, before driving through your heels and returning to the starting position
- 4 Ensure your core is braced, chest is up and your glutes are engaged the whole time



WEIGHT: MODERATE

### STRAIGHT LEG DEADLIFT (BARBELL)

**SETS: 3**

**REPS: 12 | 10 | 12**

- 1 Stand with your feet shoulder-width apart and the barbell resting against your thighs with your hands slightly wider than shoulder-width
- 2 With your arms straight and upper back engaged, push your hips back and slowly hinge forwards lowering the barbell while keeping in contact with your legs
- 3 Only go as low as you can with a straight back! Come back up by pushing your hips forwards and maintaining core and glute engagement
- 4 Ensure your core is braced and your glutes are engaged the whole time, stop if you feel pain in your lower back



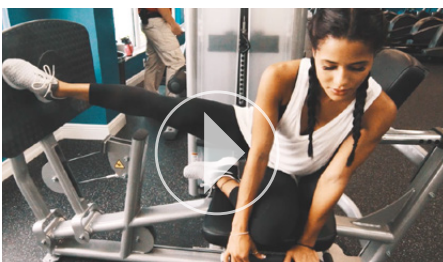
WEIGHT: BODY WEIGHT

### SINGLE LEG SQUAT

**SETS: 3**

**REPS: 8 | 6 | 6**

- 1 Stand tall on a step with one leg to the side, torso slightly forward and arms stretched in front of you
- 2 Push your hips back and bend your knee that is on the step, slowly lowering your leg - keep ankle, knee and hip in a line
- 3 Push back up to the top by only using the leg on the step, ensuring your hips stay level and driving through the heel



WEIGHT: MODERATE

### SINGLE LEG PRESS

**SETS: 3**

**REPS: 10 | 10 | 8 (EACH LEG)**

- 1 Sit on the leg press machine so that you're on the side of your left glute, with your right foot on the plate at 45-degrees
- 2 Keep your back straight, hips stable and brace your upper body and core using the handle
- 3 Push your leg straight, then slowly lower back to the start controlling with your glute
- 4 Repeat, focusing on control each rep - switch legs when you've completed your reps



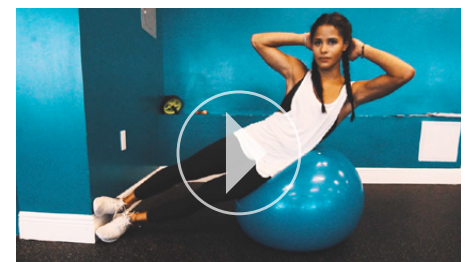
WEIGHT: BODY WEIGHT

### RAINBOWS

**SETS: 3**

**REPS: 12 | 10 | 8 (EACH SIDE)**

- 1 Using a bench (or the floor), place 1 leg straight out to the side
- 2 Lift your leg up as high as possible, then twist it in an arc behind you as far as you can without twisting your hips
- 3 Slowly return to the starting position before the next rep, controlling with your glute
- 4 Repeat for the other leg when you have completed all your reps



WEIGHT: BODY WEIGHT

### 4-WAY CORE (EXERCISE BALL)

**SETS: 3**

**REPS: 10 | 10 | 10 (EACH LIFT)**

- 1 Secure your feet against a wall and lay across the ball on your left side - ensure core engagement throughout
- 2 With your arms behind your head, perform a side crunch by lifting your upper body as high as possible without twisting
- 3 Once you have completed all your reps, twist onto your back and perform regular crunches
- 4 Once regular crunches are complete, roll onto your stomach so the ball is just above your hips, and complete hyperextensions keeping your back straight at all times
- 5 Finish the 4-way core by completing side crunches on your right side - complete the same reps on each side

**COOL DOWN** | Duration: 10 minutes | Light Cardio + Stretches

**WARM UP** | Bike Intervals | 30 sec sprint, 30 sec slow | Duration: 10 min Total

**REST:** 60 SECONDS BETWEEN EACH SET



WEIGHT: MODERATE

### THRUSTERS

**SETS: 3**

**REPS: 12 | 10 | 15**

- 1 With the dumbbells resting on your shoulders, squat down to about 45-degrees
- 2 Push back up and use the power from your squat to press the dumbbells towards the roof
- 3 Slowly lower the dumbbells and repeat, making the movement as continuous as possible



WEIGHT: BODY WEIGHT

### BOX JUMPS

**SETS: 4**

**REPS: 10 | 10 | 10 | 10**

- 1 Start with both feet shoulder width apart
- 2 Jump as high as possible landing safely on the box
- 3 Hop back down to the ground, controlling your landing and repeat the exercise



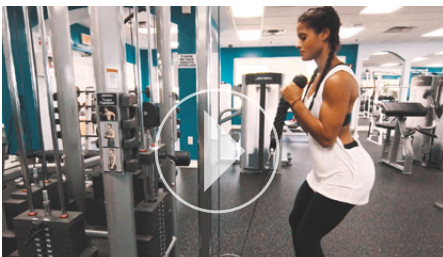
WEIGHT: MODERATE

### DUMBBELL CURTSY SQUAT PULSES

**SETS: 3**

**REPS: 6 | 6 | 6 (EACH SIDE)**

- 1 Begin standing tall with feet slightly narrower than hip-width
- 2 With your left leg, step back and behind the right leg and sink down until your back leg is just above the floor
- 3 Pulse up and down 5 times through your front leg while keeping your upper body tall
- 4 Push back to the starting position and repeat for the other leg - this is 1 rep



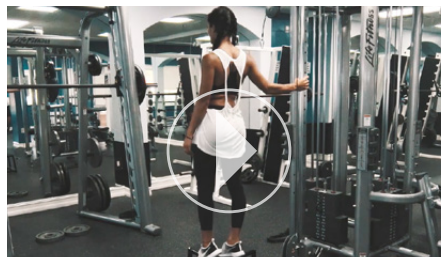
WEIGHT: MODERATE

### TRICEP PUSHDOWN + ROPE BICEP CURL

**SETS: 3**

**REPS: 12 | 10 | 12**

- 1 Grip the rope on the handles, starting in a position that has tension on both the cable and your tricep
- 2 Keep your elbows tucked into your body and pull the rope down until your tricep and arm are fully extended
- 3 Slowly come back up. When you have completed all reps, without rest, lower the rope to the bottom setting and grip the handles for a bicep curl
- 4 Curl the rope up until you almost touch your shoulders, completing the same number of reps as the tricep pushdown



WEIGHT: BODY WEIGHT

### SINGLE LEG CALF RAISES

**SETS: 3**

**REPS: 10 | 10 | 8**

- 1 Stand with your foot on a step pointed straight ahead, with your heel hanging over the back
- 2 Push up from the ball of your foot until your ankle is fully extended, making sure it doesn't flare out
- 3 Slowly lower heel through your whole range of motion, using your arm for balance



WEIGHT: BODY WEIGHT

### TUCK UPS

**SETS: 3**

**REPS: 12 | 10 | 10**

- 1 Start in the dish hold shape with arms straight in front of you
- 2 Using your abs, lift your chest and knees simultaneously so that you are almost in a tuck shape
- 3 Slowly lower to the dish shape and hold for 1 second before starting the next rep
- 4 Make the tuck up as smooth as possible to maximize core engagement

**COOL DOWN** | Duration: 10 minutes | Light Cardio + Stretches

**THIS IS AN OPTIONAL YOGA SEQUENCE** - Transition from one pose to the next



WEIGHT: BODY WEIGHT

### FORWARD BEND

**SETS: 1**

**60-90 SECONDS**

- 1 Stand with your feet separated about 3 feet wide. Slightly turn the toes inward
- 2 Place your palms on your waist, exhale and fold forward, pushing the hips back and lengthening the spine
- 3 Once in position, hold the big toe of each foot using your thumb, middle and index fingers, thumb resting on top of the big toe
- 4 Let the head come close to the floor
- 5 Engage the core and hold the posture, breathing deeply, for 90 seconds
- 6 Place your palms on the waist, bend your knees slightly, inhale and straighten your torso. Exhale and slightly backbend



WEIGHT: BODY WEIGHT

### HAND TO BIG TOE POSE

**SETS: 1**

**60-90 SECONDS**

- 1 Stand straight with your feet separated as wide as your hips. Place your left hand on your waist
- 2 Shift the weight to the left leg and hug the right knee into your chest
- 3 Hold the big toe of the right foot and exhale as you stretch your leg to the front
- 4 Keep the standing leg straight (or slightly bent) and active while maintaining a tall spine
- 5 Pull the navel in towards the spine and hold the posture for one minute
- 6 Exhale, release the pose and repeat on the other side



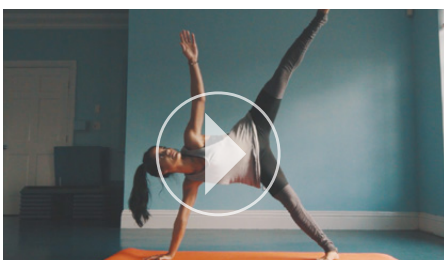
WEIGHT: BODY WEIGHT

### EAGLE POSE

**SETS: 1**

**60-90 SECONDS**

- 1 Bend your knees and push your hips back as if you are sitting on an invisible chair
- 2 Cross the left thigh over the right thigh and hook the left foot over the right calf
- 3 Stretch out your arms. Cross the left hand over the right and allow both the palms to come into contact
- 4 Roll back the shoulders as much as possible
- 5 Breathe deeply and hold the posture for one minute before repeating on the other side
- 6 To come out, inhale, release the hands and legs



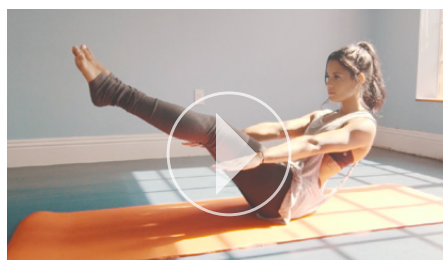
WEIGHT: BODY WEIGHT

### HALF MOON POSE

**SETS: 1**

**60-90 SECONDS**

- 1 Stand straight with legs separated about three feet wide
- 2 Bend your right knee and rest your left hand on your hip
- 3 Place your right hand on the floor, about a foot in front of the right foot
- 4 Slowly straighten your right leg as you raise your left leg - open your hips, stacking the left over the right
- 5 Flex the left foot, toes facing forward and lift the left hand towards the ceiling to open your chest
- 6 Hold the pose, gazing at your left fingertips, for one minute
- 7 Exhale and slowly place the left foot on the mat. Inhale and lift your torso, before repeating on the other side



WEIGHT: BODY WEIGHT

### BOAT POSE

**SETS: 1**

**60-90 SECONDS**

- 1 Sit straight on the mat with your legs stretched out
- 2 Inhale and lengthen your spine
- 3 Exhale and lift your legs off the floor by leaning backward slightly and balancing on your sitting bones so your body looks like a V
- 4 Stretch your hands parallel to the floor
- 5 Engaging the core and pulling in the navel, hold the posture for ninety seconds
- 6 Exhale and slowly release your legs down and come back to the starting posture



WEIGHT: BODY WEIGHT

### UPWARD FACING PLANK

**SETS: 1**

**60-90 SECONDS**

- 1 With the final exhalation in Boat Pose, release your legs and place the palms just behind your buttocks with fingertips facing you
- 2 Inhale, press the palms and lift your torso off the mat, relaxing your head
- 3 Keep your legs stretched out, extending the toes forward
- 4 Tuck your chin slightly and keep the core and glutes engaged
- 5 Breathe deeply and hold the posture for ninety seconds