Reminder!
Print off your photocard and take your day 1 photo. Make sure it’s full length and in color.
**WARM UP** | Elliptical | Duration: 10-15 minutes

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

**REST:** 60 SECONDS BETWEEN EACH SET

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**ADVANCED BOOTY BUILDING PROGRAM**

**WEEK 1, DAY 1**

**WALKING LUNGES (BARBELL)**

- **WEIGHT:** MODERATE
- **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

**BARBELL SQUATS**

- **WEIGHT:** HEAVY
- **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

**KNEELING SQUATS**

- **WEIGHT:** MODERATE
- **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

**SIDE LUNGES (DUMBBELLS)**

- **WEIGHT:** MODERATE
- **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

**ELEVATED SPLIT SQUAT (DUMBBELLS)**

- **WEIGHT:** MODERATE
- **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

**SINGLE SKY BRIDGE**

- **WEIGHT:** MODERATE
- **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

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

BIKE

SETS: 5
3 MINUTES

1 90 RPM
2 100 RPM
3 120+ RPM
4 100 RPM
5 90 RPM

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

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**BOOTY BUILDING PROGRAM**

**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 | 16

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

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**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:** MODERATE

**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:** MODERATE

**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

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**COOL DOWN** | Duration: 10 minutes | Light Cardio + Stretches
REST DAY
WARM UP | Elliptical | Duration: 10-15 minutes

REST: 60 SECONDS BETWEEN EACH SET

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.

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

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.

SUMO SQUATS (BARBELL)
SET: 4
REPS: 10 | 8 | 10 | 8

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.

STRAIGHT LEG DEADLIFT (BARBELL)
SET: 4
REPS: 12 | 10 | 12

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, stop if you feel pain in your lower back.

SINGLE LEG PRESS
SET: 3
REPS: 10 | 8 | 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.

RAINFOWDS
SET: 3
REPS: 12 | 10 | 12 (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.

4-WAY CORE (EXERCISE BALL)
SET: 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.
WARM UP | Bike Intervals | 30 sec sprint, 30 sec slow | Duration: 10 min Total

REST: 60 SECONDS BETWEEN EACH SET

WEEK 1 | DAY 6

THRUSTRERS
- 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

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

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

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

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

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

WEIGHT: MODERATE
WEIGHT: BODY WEIGHT
WEIGHT: MODERATE
Day 7

**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.

**HAND TO BIG TOE 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.

**HALF MOON POSE**

- Sets: 1
- 60-90 seconds

1. Stand straight with your feet 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 slightly backbend.

**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.

**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.