

Express Booty

(Medium Booty Band, 10-12 lbs. Dumbbells)

Flow

Exercise	Reps	Springs	Props	Direction
Banded Rotated Scooter -Alt. Scooter/Reach Down	30 sec. each	1 medium	Band	Band above knees, bar down, platform extender on, R foot on floor, L foot against shoulder rest
Side Lying -Clam -Hand in Strap - Alt. Clam/Pull -Hold Pull - Leg Lifts	30 sec. each 10 leg lifts			R forearm on headrest, L hand in short strap
Complete Side 2 -Banded Scooter Section -Side Lying Section	Reps listed above			L side of machine
Side Standing Sequence -Alt. Squat/Press Carriage -Full Squat	10 each	1 medium & 1 light	Band	L foot on platform, R foot on carriage, open carriage slightly
Box Standing Section (Dumbbells) -Front Weighted Lunges -Side Weighted Lunges -Hold Lunge - Wide Rows	1 min. each 15 sec. rows	1 medium	Box, dumbbells	Side car/long box on ground on R side, R foot on box, L foot against shoulder rest, dumbbells at sides/arms straight
Complete Side 2 -Side Squat Sequence -Front & Side Weighted Lunge Sequence with Rows	Reps listed above			Move box to left side
Bridges (Dumbbells) -2 Legs -1 Leg (Both Dumbbells on Hip) -1 Leg (Side 2)	20 sec. each	1 medium & 1 light	Dumbbells	Feet on platform, dumbbells on both hips to start
4 Pt. Kneeling (Forearms) with 1 Strap on Foot -Donkey Kick -Pulses (Raise the Roof) Complete Side 2	20 sec. Each		Box	Long box on carriage, facing risers, forearms on box, long strap on L arch, R knee on box
Cat/Cow	20 sec.			4 pt. kneeling centered on box
Pigeon Stretch on Box	20 sec. each			1 leg on box at a time