

Basic Booty

(Medium & Heavy Dumbbells, Medium Booty Band)

Flow

Exercise	Reps	Springs	Props	Direction
Footwork -Both Heels -1 Heel - Add Tucks Top Leg -Pulses -1 Heel (Side 2 - Add Tucks -Pulses -Both Feet/Toes - Calf Raises -Marching	30 sec. each 10 pulses 20 sec. calf raises 20 sec. marching	2 heavy & 1 light	Medium dumbbells	Heels on bar to start
Bridge (Dumbbells) -Full Up/Down -Hold Up - Pulse Hips Abs -Crunches (Table Top) -Single Leg Stretch -Double Leg Stretch REPEAT Bridge (Dumbbells) -Full Up/Down -Pulses	1 min. bridges 20 sec. crunches 20 sec. single leg stretch 20 sec. double leg stretch			Medium dumbbells at hips, heels on bar Hands behind head for crunches
Scooter (Band)	30 sec.	1 medium & 1 light		Band above knees, L foot on floor (on left side of machine), R foot against shoulder rest, hands at chest
Clam -with Arm Sweep -with Tricep Press	20 sec. each	1 medium		L forearm on headrest/lying on L side, R hand in short strap
4 Pt. Kneeling (Facing Risers) -Single Leg Press (Band)	30 sec.	1 medium & 1 light		Heel of R foot on bar, L knee on carriage, hands on carriage
Complete Side 2 -Scooter -Clam with Arm Sweep/Triceps -Kneeling Leg Press	Reps listed above	Change springs - listed above		

Exercise	Reps	Springs	Props	Direction
Standing Sequence (Facing Risers) -Weighted Reverse Lunges -Forward Lunge with Hinge	30 sec. each	1 light	Heavy dumbbells, band	Bar completely down, platform extender on, heavier dumbbells in both hands, L foot on platform, R foot on carriage, arms by sides/long
(Facing Side) -Squats -Alt. Squat/Carriage Press	20 sec. squats 30 sec. combo.			L foot on platform, R foot on carriage, dumbbells at chest
Core (Feet Pushing Carriage) -Roll Back/Up -Roll Back/Overhead Reach -Twist R & L with Push	20 sec. each		Optional medium dumbbells	Sit on platform, feet at edge of carriage, dumbbells at chest
Complete Side 2 -Weighted Reverse Lunges -Forward Lunge with Hinge -Side Facing Squats -Alt. Squat/Carriage Press	Reps listed above			
4 Pt. Kneeling (1 Foot in Strap) -1 Leg Donkey Kick -Side Lift	30 sec. each	1 medium & 1 light	No props	Facing risers, R foot in long strap, hands/knees on carriage
Chest Expansion -Add Curl Forward/Ripple Back	30 sec. each			Knees against shoulder rests, hands in short straps, arms lengthened next to sides
Complete Side 2 - 1 Strap/Foot -4 Pt. Kneeling Donkey Kick -Side Lift	30 sec. each			
Stretches with Strap -Hamstring Stretch -Figure 4	20 sec. each	1 medium		Long strap on R foot, L leg heavy on bar
Complete Side 2 - Stretches	20 sec. each			L foot in strap