

30 DAY BUTT WORKOUT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Butt Routine #1		Butt Routine #2		Butt Routine #3
			Butt Routine #4		Butt Routine #5	
		Butt Routine #1		Butt Routine #2		Butt Routine #3
			Butt Routine #4		Butt Routine #5	
		Butt Routine #1		Butt Routine #2		Butt Routine #3

Butt Routine #1	Butt Routine #2	Butt Routine #3	Butt Routine #4	Butt Routine #5
Fire Hydrants 15 reps 3 sets Each side	Sumo Jump Squats 15 reps 3 sets	Single Leg Deadlift 30 reps Each side	Sumo Jump Squats 15 reps 2 sets	Basic Squats 10 reps 3 sets
Basic Squats 10 reps 3 sets	Fire Hydrants 15 reps 2 sets Each side	Crossovers 10 reps 3 sets Each side	Butt Bridge 15 reps 3 sets	Butt Bridge 15 reps 3 sets
Donkey Kicks 15 reps 2 sets Each side	Donkey Kicks 15 reps 2 sets Each side	Fire Hydrants 10 reps 3 sets	Crossovers 10 reps 3 sets Each side	Single Leg Deadlift 30 reps Each side
Sumo Jump Squats 10 reps 3 sets	Crossovers 10 reps 3 sets Each side	Basic Squats 15 reps 3 sets	Fire Hydrants 10 reps 3 sets Each Side	Donkey Kicks 15 reps 2 sets Each side
Butt Bridge 10 reps 3 sets	Single Leg Deadlift 30 reps Each side	Butt Bridge 15 reps 3 sets	Basic Squats 10 reps 3 sets	Fire Hydrants 15 reps 2 sets Each side