

myfitnesshabit

15-minute booty blaster

Weights (barbell, dumbbells or ankle weights) are optional. (Note: before starting an exercise program, get your doctor's ok. And if something hurts or raises red flags, don't do it! 😊)

Superset 1

Do three sets of 10-15 repetitions of each of these exercises, back to back. Rest for 20 to 30 seconds before repeating the superset.

1. Kneeling squats: <http://youtu.be/wSiLCOw1vlg>
2. Hip thrusts: <http://youtu.be/hHLXczc7RAI> (option: bridges)

Superset 2

Do 3 sets of 10 to 15 repetitions of each of these exercises, back to back. Rest for 15 to 30 seconds before repeating each superset.

1. Quadruped hip extension: <http://youtu.be/vzHZGTZ64jc>
2. Pullthroughs <http://youtu.be/Ba6Q7qtPYEM>

Superset 3

Do 3 sets of 10 reps of each of these exercises

1. Reverse hyperextension (on stability ball: <http://youtu.be/UCfOdr2JSmU>) (on bench: <http://youtu.be/fhbmlxi7Zc4>) (note: low option are modified supermans <http://youtu.be/si-xCp3rVig>)
2. Resistance band woodchop/rotations (do each side!): <http://youtu.be/73IKRQiW1FQ>

Superset 4

Do 15 repetitions of each exercises -- do all exercises on one side before switching to other. Repeat for a total of three times through

1. Side-lying abduction <http://youtu.be/1l3N9hbbyX8>
2. Fire hydrant <http://youtu.be/-1k9ufNcDhE>
3. Side-lying Clam <http://youtu.be/5N7KYDye2gA>