

It's all about that Booty!

15 KB SWINGS
30 WIDE LEG SQUATS -
WITH KB
15 LUNGES (EACH LEG - 2X15LBS)
15 KB SWINGS
25 HIPLIFTS – KB ON HIPS
25 GLUTE RAISES (EACH LEG)
10 SUPERWOMEN
30 BOTTOM ½ SQUATS -
WITH KB

REPEAT WORKOUT 3 TIMES THROUGH

rpefitnessinc.com