

Project Build A Booty

"It never gets easier, you just get stronger"



Thank you for purchasing the Fitfully Chic Project Build A Booty Workout. Enclosed you will find your workout schedule and exercise guide.

PROGRESSIVE SET: A progressive set is where you pyramid up in weight as you reduce your rep range and then reverse the pyramid to return to your starting weight and rep range. For example: You perform an exercise for 15 reps at 50 lbs., you will now add 2.5-5 lbs. and perform 12 reps, then repeat and add another 2.5-5 lbs. and perform 8 reps. After completing 8 reps at your highest weight you keep the weight the same and perform another 8 reps, then reduce the weight by 2.5-5 lbs. and perform 12 reps, and finally return to your starting weight and perform 15 reps.

SUPER SET: A super set is comprised of 2 exercises A & B performed back to back with no rest for a prescribed rep range. Then taking a 20 – 30 seconds rest before starting the next set. An example of how this technique is executed would be as follows: You choose your starting weight for both exercises and perform exercise A for 15 reps, then immediately perform exercise B for 15 reps. You now take a few seconds to add 2.5-5 lbs. to each exercise and perform 12 reps for exercises A & B and so forth until the prescribed set/rep range is met.

PROGRESSIVE SUPER SET: In a progressive super set you combine both of the above techniques. You perform 2 exercises A & B back to back for each like rep range as you pyramid up in weight 2.5-5 lbs. for each set and then reverse after your lowest rep range until you return to your starting weight.

BURN OUT SET: In a burn out set you are performing a high amount of repetitions and increasing the weight by 2.5-5 lbs. every 10 reps. The following is an example of how this technique is executed: You choose your starting weight and have a prescribed rep range of 30. Begin the exercise and when you reach 10 reps increase the weight by 2.5-5 lbs. and perform another 10 reps. When you have reached 20 reps once again add 2.5-5 lbs. and perform the final 10 reps. This is one set. Repeat this cycle until you have met the prescribed rep and set range.

Exercise Guide

SPLIT LEG LUNGE: 1. Place one leg on the ground and one on a bench or chair. 2. Perform a lunge with that leg that is on the ground going as deep as possible. 3. Make sure your knee does not go over your toes

JUMP SQUAT: 1. Start with your arms by your side, feet shoulder width apart, head up, and back straight. 2. Keeping your back straight and chest up, squat down as you inhale until your upper thighs are parallel, or lower, to the floor. 3. Now pressing mainly with the balls of your feet, jump straight up in the air as high as possible, using the thighs like springs. Exhale during this portion of the movement. 4. When you touch the floor again, immediately squat down and jump again. Repeat for the prescribed amount of time.

DUMBBELL SUMO SQUAT: 1. Place a dumbbell on the ground between your feet. Position your feet in a wide stance, and grasp the dumbbell with two hands. Set your hips back as far as possible, with your knees bent. Keep your chest and head up. This will be your starting position. 2. Begin to raise the dumbbell as you exhale by pushing into the floor with the heel of your foot as you straighten the legs and flex the glutes at the top of the movement, squeezing for a second before returning to the start position. Tip: Place all the weight in your heels rather than the ball of your feet; this will help you drive the weight upwards. 3. Repeat for prescribed amount of repetitions.

WEIGHTED HIP THRUST: 1. Begin seated on the ground with a bench directly behind you. Have a loaded barbell over your legs. Using a fat bar or using a towel under the bar can greatly reduce the discomfort caused by this exercise.

2. Roll the bar so that it is directly above your hips, and lean back against the bench so that your shoulder blades are near the top of it. 3. Begin the movement by driving through your feet, extending your hips vertically through the bar. Your weight should be supported by your shoulder blades and your feet, drive up pushing through your heels, while contracting your Glutes. Extend as far as possible, and then reverse the motion to return to the starting position.

DUMBBELL REVERSE LUNGE: 1. Begin in a standing position, holding a pair of dumbbells at your sides with palms facing in. Look directly forward, keeping your chest up, with your feet shoulder-width apart. This will be your starting position. 2. Initiate the movement by taking a step to the rear, allowing your hips and knees to flex to lower your body. Contacting the back leg through only the ball of the foot, descend until your knee nearly touches the ground. Use a slow and controlled motion, paying special attention to proper mechanics and posture. The knee should stay in line with the foot, and the thoracic spine should remain neutral. 3. After a brief pause, return to the starting position by driving through the heel of the front leg to extend the knees and hips. 4. Repeat for the prescribed amount of repetitions, then switch to the opposite leg and repeat movement.

SIDE LUNGE: 1. Lunge over to the side keeping that middle leg straight. 2. Make sure to push your butt back and keep your weight in your heels 3. Come back to center and repeat

DONKEY KICK: 1. Come into a high plank with your hands right underneath your shoulders 2. Place your knees on the ground 3. Lift one leg up keeping that foot flexed and pulse 4. Perform the same action on the other leg

FIRE HYDRANT: 1. Come into a high plank with your hands right underneath your shoulders 2. Place your knees on the ground 3. Keeping your knee bent, move your leg out to the side 4. The move can seem a little awkward but it is great for the butt!

KNEE TO CHEST: 1. Come into a high plank with your hands right underneath your shoulders 2. Place your knees on the ground 3. Bring your knee into your chest and kick your leg out 4. Keep that foot flexed and squeeze that glute at the top 5. Bring your knee back into your chest and repeat

BOOTY CROSSOVER: 1. Come into a high plank with your hands right underneath your shoulders 2. Place your knees on the ground 3. Straighten one leg and cross it over the other making a half circle with your foot 4. Bring that same leg back to the other side

STRAIGHT LEG PULSE: 1. Come into a high plank with your hands right underneath your shoulders 2. Place your knees on the ground 3. Straighten one leg keeping your foot flexed and make small pulses up and down 4. Do the same with the other leg

Are you ready to get started?

REPS

EXERCISE

Progressive Super Set

15 Split Leg Lunge, L
Split Leg Lunge, R

12 Split Leg Lunge, L
Split Leg Lunge, R

8 Split Leg Lunge, L
Split Leg Lunge, R

6 Split Leg Lunge, L
Split Leg Lunge, R

Super Set

15 Jump Squat
Dumbbell Sump Squat

15 Jump Squat
Dumbbell Sump Squat

15 Jump Squat
 Dumbbell Sump Squat

15 Jump Squat
 Dumbbell Sump Squat

Progressive Set

20 Weighted Hip Thrust
15 Weighted Hip Thrust
12 Weighted Hip Thrust
10 Weighted Hip Thrust

Progressive Set

12 Weighted Reverse Lunge
10 Weighted Reverse Lunge
8 Weighted Reverse Lunge
6 Weighted Reverse Lunge

Progressive Super Set

15 Side Lunge, L
Side Lunge, R

15 Side Lunge, L
Side Lunge, R

15 Side Lunge, L
Side Lunge, R

15 Side Lunge, L
Side Lunge, R

Butty Burn Out

Each Exercise Is 30 Seconds

Donkey Kick, Left
Donkey Kick, Right
Fire Hydrant, Left
Fire Hydrant, Right
Knee to Chest, Left
Knee to Chest, Right
Butty Crossover, Left
Butty Crossover, Right
Straight Leg Pulse, Left
Straight Leg Pulse, Right