



HOME EXERCISE PRGOGRAMME

Class:	Butt Blast
Trainer name:	Benine
Equipment:	Step, Dumbbells/Kettlebell, Mat (Can be done with no equipment as well)
Date:	April 5, 2020



WARM-UP



Full body mobilization	5min	
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WORKOUT

Repeat each group 3 times.


GROUP 1		
EXERCISE	REPS	NOTES/ILLUSTRATION
Dumbbells: Squats	10	
Bodyweight: One leg Squat with Butt squeeze	10 (left and right)	
Step and Dumbbells: Squat with lateral leg raise One foot on step	10 (Left and right)	<p>Hold dumbbells on the side or at your chest if you are using one or a kettlebell.</p>




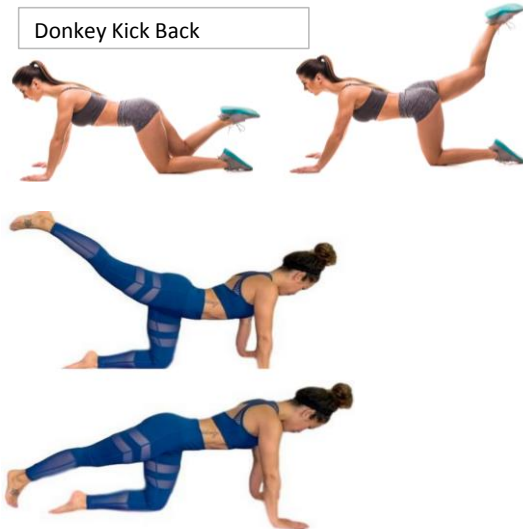
<p>Cardio Legs: Squat Jumps</p>	<p>10</p>	
<p>Mat: Reverse Hip Bridge</p>	<p>10</p>	

<p>GROUP 2</p>		
<p>EXERCISE</p>	<p>REPS</p>	<p>NOTES/ILLUSTRATION</p>
<p>Dumbbells: Sumo Squat</p>	<p>10</p>	
<p>Bodyweight: Reach and squeeze leg back</p>	<p>20 (alternating legs)</p>	




<p>Step and Dumbbells: Low deadlifts</p>	<p>10</p>	 <p>Start and end position is standing straight.</p>
<p>Cardio Legs: Squat Jacks</p>	<p>10</p>	 <p>Jump legs open and close while in squat position.</p>
<p>Mat: Hip lifts</p>	<p>10 - Up/down 10 - pulses 10 - open knees while going half way down then up closing knees</p>	

GROUP 3

EXERCISE	REPS	NOTES/ILLUSTRATION
<p>Dumbbells: Goblet Squat</p>	<p>10</p>	

<p>Bodyweight: Lunge forward and back</p>	<p>10 (right and left)</p>	
<p>Step and Dumbbells: Split Lunges</p>	<p>10 (left and right)</p>	 <p>Hold dumbbells at your side or at chest if you are using 1 dumbbell or a kettlebell.</p>
<p>Cardio Legs: Lunge Jumps</p>	<p>10</p>	
<p>Mat: Donkey Kick Back followed by straight leg up and down (do both exercises right then both left)</p>	<p>10 Donkey (left and right) 10 Straight leg up and down (left and right)</p>	<p>Donkey Kick Back</p>  <p>Straight Leg up and down</p>

STERTCHES

Glute Stretch	Hold 20sec (left and right)	
Hamstring Stretch	Hold 20sec (left and right)	
Butterfly Stretch	Hold 20sec	
Abductor Stretch	Hold 20sec (left and right)	
Quad Stretch	Hold 20sec (left and right)	