



# BRAZILIAN BUTT LIFT

*8 week booty program*

VITALITY HUB

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# WELCOME!

Welcome to **8 WEEK BOOTY PROGRAM!** We are so glad you're investing in you.

For the next 8 weeks on this plan we are going to take you on a journey of small shifts - that create big results.

Vitality Hubs Brazilian Butt Lift workout is a 8 week plan that includes workouts to help you tone and lift your booty to work along side our core programs in the Vitality Hub - VHPROJECT44 and 30 Days to Transform.

By encompassing 4 simple rituals every day, we aim to teach our community how to fall in love with making your health a priority and feeling your very best.

So, get excited! Commit to yourself and set your intention of focus around our 4 Key Rituals: MOVEMENT, NOURISH, HYDRATE and MINDSET.

Your best, healthiest self is waiting for you at the end of this program - let's go.



[vitality-hub.com](http://vitality-hub.com)



[vitality.hub\\_](https://www.instagram.com/vitality.hub_)



*Set Your Goals*

# SET YOUR GOALS

## BOOTY BUTT LIFT

### DECIDE WHAT YOU REALLY WANT !

What does my ultimate result look like? \_\_\_\_\_

How will I feel when I get there? \_\_\_\_\_

What will I be doing differently than I do today? \_\_\_\_\_

### WHY AM I COMMITTED TO CREATING A HEALTHIER ME ?

WHY do I really want to make changes to my health and lifestyle? Be Specific!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Who will I have become along the way? \_\_\_\_\_

Who else in my life benefits from achieving my goals and how will they feel? \_\_\_\_\_

### TREAT YOURSELF

What reward am I going to give myself for "*Doing this right for 8 weeks*"?

### COMMIT

I \_\_\_\_\_ promise to put forth my best efforts to follow the components Booty Program. I promise to give my body healthy nourishing food and nourishing exercise regularly. I promise to treat my body with love and respect. I promise to prioritise self care.

# MEASUREMENTS

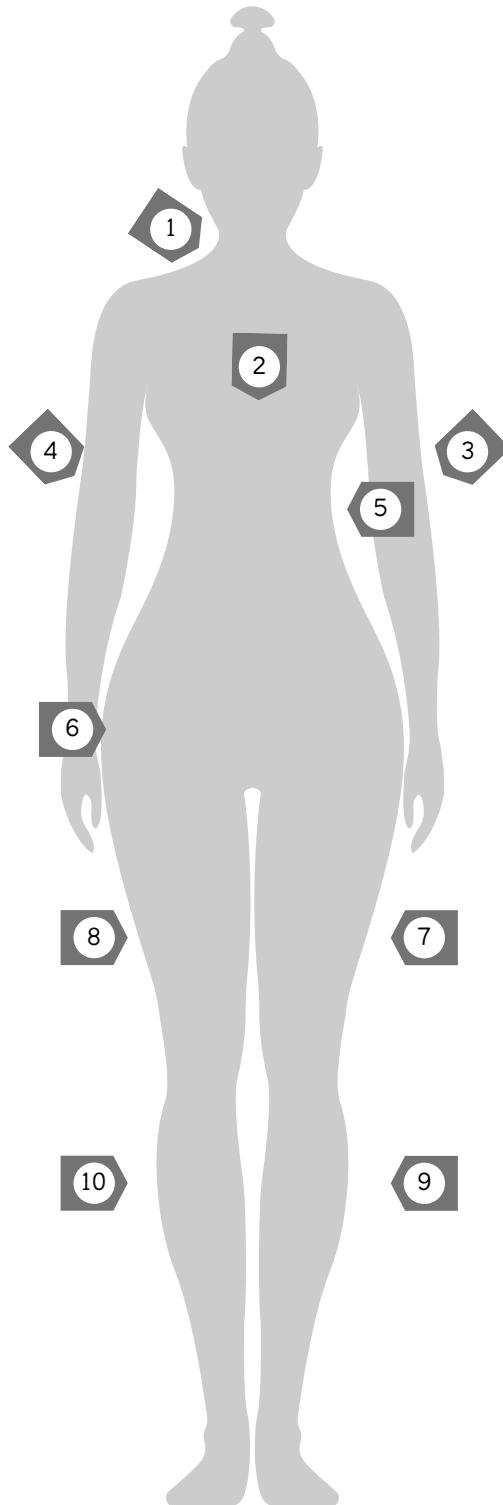
## BOOTY BUTT LIFT

DAY 1	
DATE	
WEIGHT	

DAY 22	
DATE	
WEIGHT	

DAY 44	
DATE	
WEIGHT	

1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	

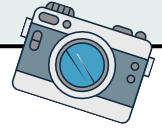


	NECK	1
	CHEST	2
	LEFT ARM	3
	RIGHT ARM	4
	WAIST	5
	HIPS	6
	LEFT THIGH	7
	RIGHT THIGH	8
	LEFT CALF	9
	RIGHT CALF	10

# PROGRESS PICTURES

## BOOTY BUTT LIFT

One of the greatest things you can ever do when you decide to go on your transformation journey is to take PROGRESS pictures. We know this is just the beginning of what is going to be a life changing decision.



- ✓ Take your pictures on **WEEK 1** and **WEEK 8**
- ✓ Print the **BEFORE** and **AFTER** graphics to have behind you
- ✓ Use the self timer on your phone and ensure your body is center in the frame
- ✓ Take pictures in daylight or a well lit room
- ✓ Stand tall, feet shoulder width apart, arms by your side and looking forward
- ✓ If possible have a plain wall behind you
- ✓ Wear something that shows your figure is best (EG. Workout pants and a crop top, bikini, bra and shorts)

PROGRESS PICTURES



BOOTY BUTT LIFT  
**WEEK ONE**

VITALITY HUB



PROGRESS PICTURES



**BOOTY BUTT LIFT**

**WEEK EIGHT**

**VITALITY HUB**

# THE 8-WEEK BOOTY PROGRAM

BOOTY BUTT LIFT

## Structure

This is a gym-based exercise plan which has been built to challenge every muscle in your glutes. In this challenge, you'll participate in weight lifting exercises which tone and sculpt your body as well as high intensity workouts that shed fat.

Over the next few pages, you'll see the workout plan. The left side shows the exercise that you should perform and the right side provides sets and reps. A set is a group of consecutive repetitions and reps are the repetitions, so one complete motion of an exercise. For example, If the column states 3 x 12 squats, you will need to do 12 squats to complete 1 set. Then re-do the 12 repetitions for remaining 2 sets.

## FAQ

SHOULD I DO ANY ADDITIONAL CARDIO? 

Whether you should do cardio or not depends on your goal and your current body composition. With that being said, if you are currently overweight you could consider doing some cardio. If you are slim or you could mainly focus on building muscle to get that toned look.

WHAT KIND OF CARDIO IS BEST? 

A mixture of all high intensity and low intensity cardio is the best to achieve the best results. Never focus on just one type of a workout as each type brings different benefits.

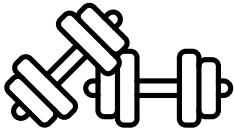
VITALITY HUB

# HOME EQUIPMENT

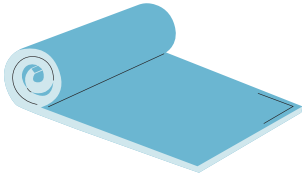
## BOOTY BUTT LIFT

We have designed our Booty program so that you can do the workouts either at the gym or from home. Here are some of the essentials we recommend you will need to create a great home gym.

## THE *Essentials*



Dumbbells are a versatile piece of exercise equipment designed to strengthen and tone your body. You can even find things around the house to substitute. Stick with 3-5 kg weights or buy adjustable dumbbells to up the load as you progress. The “easiest way to keep challenging your body from workout to workout is simply to add more load and weight to the exercise.



If you want to workout at home, you will absolutely need a mat. Exercise mats come in different shapes and sizes to suit different types of workouts. For booty and core workouts we recommend a thicker fitness mat to provide more cushioning for floor work but Yoga and Pilates mats, which are a firmer option, are also great.



Cotton Towel



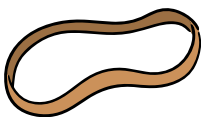
Keep your water bottle handy. We recommend filtered spring water. Water straight from the tap is filled with certain contaminants but most importantly, chlorine which is not ideal for healthy skin. When shopping for a filter please look for something that removes all chlorine. If you want to take your health and skin to the next level, we recommend: Hydrogen Health Water Bottles.

<https://www.hydrogenhealth.net.au/products/hydrogen-health-water-bottle>

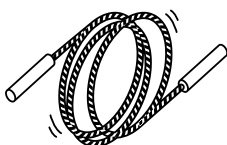
You can carry them with you and filter on the go. Use the code **GRATITUDE** for 15% off yours, its a true investment in your long term skin and health.

## OPTIONAL

## *Extras*



Resistance bands are a fantastic home edition as they take up very little room, and are extremely versatile, budget-friendly way to add intensity to your workout.. They come in a variety of resistance levels from very light to extremely heavy making it so that you will always have an option to challenge you. Pick some up from any sports shop, BIG W, Kmart or online.

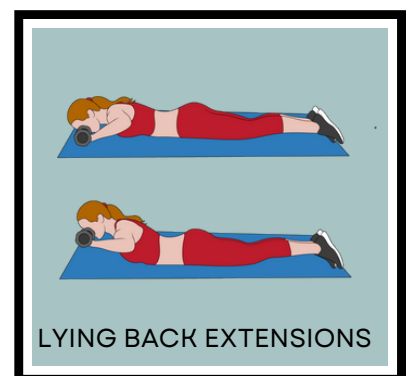
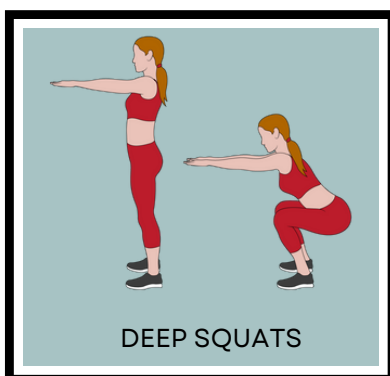
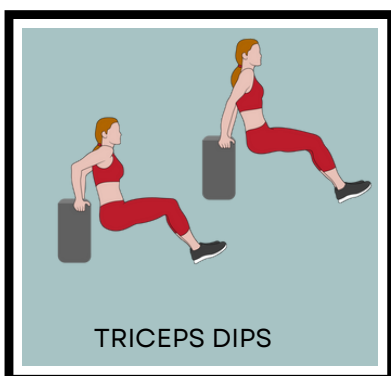


A jump rope will work your calf muscles, quads, hamstrings, glutes, abs, oblique muscles, forearms, biceps, triceps, shoulders, back muscles, and chest muscles. Not only are you building strength in your lower body, but you're also engaging your entire upper body to control the force when you swing the rope.

# WARM UP AND STRETCH

## BOOTY BUTT LIFT

Many people neglect warming up and stretching but it's important that you don't. Warming up and stretching improve your range of motion, lengthens your muscles and improves blood and oxygen flow - all factors associated with better recovery and greater results. On top of that, stretching and warming up helps you avoid any injuries as muscles become warm and more elastic. Here's a sample stretch and warm up routine:



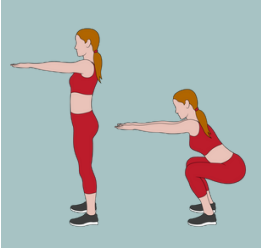
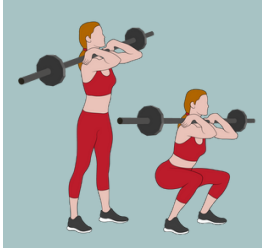

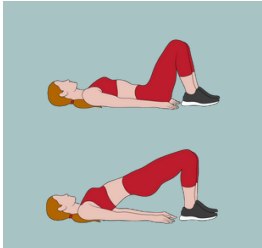
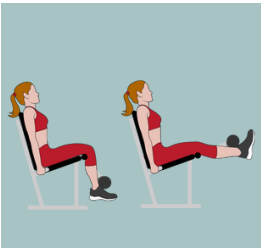

# WEEK 1 AND 2

## BOOTY BUTT LIFT

DAY 1

# WORKOUT

# Plan

	<b>SQUATS</b> SETS X REPS 3 x 12 Weights: <input type="text"/>		<b>FRONT SQUATS</b> SETS X REPS 3 x 12 Weights: <input type="text"/>
	<b>BULGARIAN SPLIT SQUATS</b> SETS X REPS 3 x 12 Weights: <input type="text"/>		<b>GLUTE BRIDGES</b> SETS X REPS 3 x 12 Weights: <input type="text"/>
	<b>LEG EXTENSION</b> SETS X REPS 3 x 15 Weights: <input type="text"/>		<b>LEG CURLS</b> SETS X REPS 3 x 15 Weights: <input type="text"/>

### HOME ALTERNATIVES

Aim to hold A 5kg weight for all exercises

- Front Squats - Sumo squats (optional dumbbells)  
<https://youtu.be/b6jcEhsVK-8>
- Leg Extension - Seated leg extension with band  
<https://youtu.be/9kpDXHBUDt4>
- Leg Curl - Glute Bridge walkouts  
<https://youtu.be/fECmsdFrL2k>



During your first week, you should use weights that are approximately 70% of the heaviest weight you can lift.

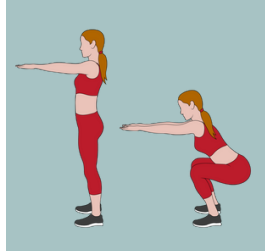
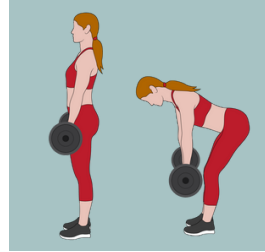
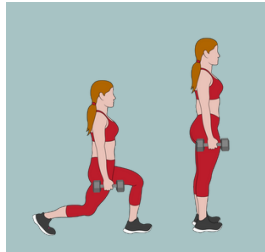
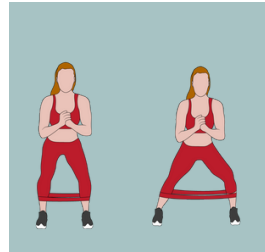

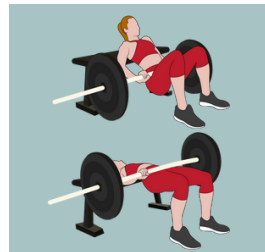
# WEEK 1 AND 2

## BOOTY BUTT LIFT

DAY 2

# WORKOUT

Plan

	<b>SQUATS</b> SETS X REPS 3 x 12 Weights: <input type="text"/>		<b>DEADLIFTS</b> SETS X REPS 3 x 12 Weights: <input type="text"/>
	<b>WALKING LUNGES</b> SETS X REPS 4 x 12 Weights: <input type="text"/>		<b>BANDED SIDEWALKS</b> SETS X REPS 3 x 20 (10 each way) Weights: <input type="text"/>
	<b>REVERSE FROG PUMPS</b> SETS X REPS 3 x 15 Weights: <input type="text"/>		<b>HIP THRUSTS</b> SETS X REPS 3 x 12 Weights: <input type="text"/>

### HOME ALTERNATIVES

Aim to hold A 5kg weight for all exercises

Deadlifts -

Reverse Frog

Pumps -

Hip Thrusts -

Glute Bridge Walkout

Frog Pumps on floor

<https://youtu.be/Ae68uEhm31g>

Glute bridges (optional dumbbells)

<https://youtu.be/qW8jUquTFOY>



During your first week, you should use weights that are approximately 70% of the heaviest weight you can lift.

# WEEK 1 AND 2

## BOOTY BUTT LIFT

DAY 3

# WORKOUT

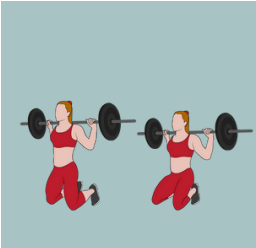
# Plan



**SQUATS**

**SETS X REPS**  
3 x 12

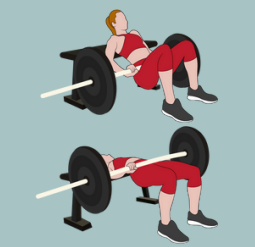
Weights:



**KNEELING SQUATS**

**SETS X REPS**  
3 x 12

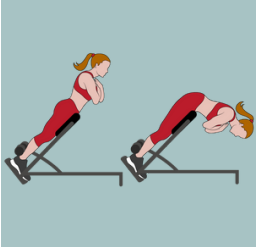
Weights:



**HIP THRUSTS**

**SETS X REPS**  
3 x 12

Weights:



**BACK EXTENTIONS**

**SETS X REPS**  
3 x 12


Weights:



**BULGARIAN SPLIT SQUATS**

**SETS X REPS**  
3 x 12

Weights:



**SIDE LUNGES**

**SETS X REPS**  
3 x 12

Weights:

### HOME ALTERNATIVES

*Aim to hold A 5kg weight for all exercises*

Hip Thrusts - Glute bridges (optional dumbbells)  
<https://youtu.be/qW8jUquTFOY>

Back Extensions - Lying Back Extension  
<https://youtu.be/bfdEKEiz84Y>



During your first week, you should use weights that are approximately 70% of the heaviest weight you can lift.

# WEEK 1 AND 2

## BOOTY BUTT LIFT

DAY 4

# WORKOUT *Plan*

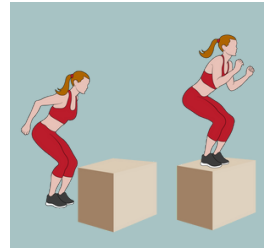
**HIIT WORKOUT (NO REST BETWEEN EXERCISES)**



**FROG JUMPS**

**SETS X REPS**  
1 x 30

Weights:



**SQUAT JUMPS**

**SETS X REPS**  
1 x 16

Weights:



**PUSH UPS**

**SETS X REPS**  
1 x 15

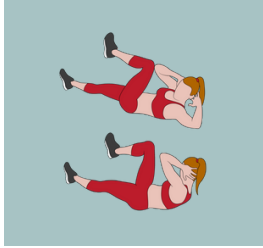
Weights:



**PLANK JACKS**

**SETS X REPS**  
1 x 8

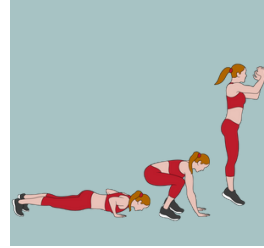
Weight s:



**BICYCLE CRUNCHES**

**SETS X REPS**  
1 x 30 secs

Weights:



**BURPEES**

**SETS X REPS**  
1 x 10



# WEEKLY CHECKLIST

BOOTY BUTT LIFT

## WEEK 1

DAY 1		DAY 2		DAY 3		DAY 4
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WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

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WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?

## WEEK 2

DAY 1		DAY 2		DAY 3		DAY 4
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WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

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WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?

# WEEK 3 AND 4

## BOOTY BUTT LIFT

DAY 1

# WORKOUT

# Plan



**SQUATS**

**SETS X REPS**  
4 x 10

Weights:



**DEADLIFTS**

**SETS X REPS**  
4 x 10

Weights:



**BULGARIAN SPLIT SQUATS**

**SETS X REPS**  
4 x 10

Weights:



**GOOD MORNINGS**

**SETS X REPS**  
4 x 10

Weights:



**WALKING LUNGES**

**SETS X REPS**  
4 x 10

Weights:



**BACK EXTENTIONS**

**SETS X REPS**  
4 x 10

Weights:

### HOME ALTERNATIVES

*Aim to hold A 5kg weight for all exercises*

Back Extensions - Lying Back Extension

<https://youtu.be/bfdEKEiz84Y>



In week 3 & 4, increase your weights by 1-2kgs / 2-4lbs.

# WEEK 3 AND 4

## BOOTY BUTT LIFT

DAY 2

# WORKOUT

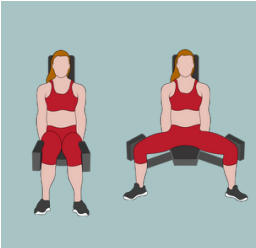
# Plan



**SQUATS**

**SETS X REPS**  
4 x 10

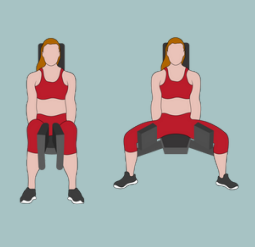
Weights:



**HIP ABDUCTOR**

**SETS X REPS**  
4 x 10

Weights:



**HIP ADDUCTOR**

**SETS X REPS**  
4 x 10

Weights:



**LEG PRESS**

**SETS X REPS**  
4 x 10

Weights:



**LEG CURLS**

**SETS X REPS**  
4 x 10

Weights:



**LEG EXTENTIONS**

**SETS X REPS**  
4 x 10

Weights:

### HOME ALTERNATIVES

*Aim to hold A 5kg weight for all exercises*

- Hip Abductor - Lying side leg raises (optional dumbbell or bands)  
<https://youtu.be/HNRnQt9zt8>
- Hip Adductor - Lying side hip adductions  
<https://youtu.be/TrP0r8Y6Z3c>
- Leg Press - Lying banded leg press  
<https://youtu.be/LpCgjPx60Y0>
- Leg Curls - Glute Bridge walkouts  
<https://youtu.be/fECmsdFrL2k>
- Leg Extension - Seated leg extension with band  
<https://youtu.be/9kpDXHBUDt4>



In week 3 & 4, increase your weights by 1-2kgs / 2-4lbs.

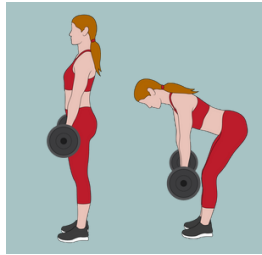
# WEEK 3 AND 4

## BOOTY BUTT LIFT

DAY 3

# WORKOUT

# Plan

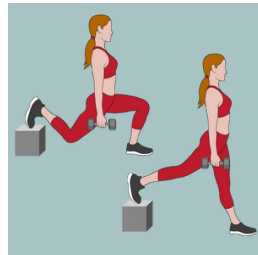


### DEADLIFTS

SETS X REPS

4 x 10

Weights:

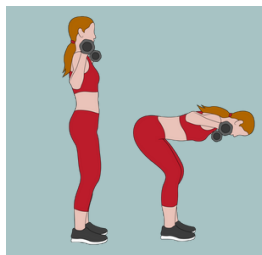


### BULGARIAN SPLIT SQUATS

SETS X REPS

4 x 10

Weights:

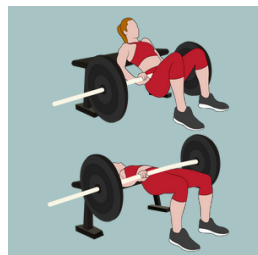


### GOOD MORNINGS

SETS X REPS

4 x 10

Weights:

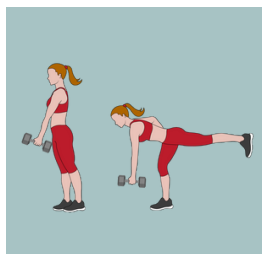


### HIP THRUSTS

SETS X REPS

4 x 10

Weights:

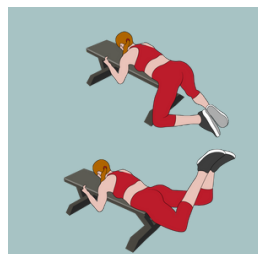


### SINGLE LEG DEADLIFTS

SETS X REPS

3 x 12

Weights:



### REVERSE FROG PUMPS

SETS X REPS

3 x 12

Weights:

#### HOME ALTERNATIVES

Aim to hold A 5kg weight for all exercises

Hip Thrusts -

Glute bridges (optional dumbbells)

<https://youtu.be/qW8jUquTFOY>

Reverse Frog Pumps -

Frog Pump on Floor

<https://youtu.be/Ae68uEhm31g>



In week 3 & 4, increase your weights by 1-2kgs / 2-4lbs.

# WEEK 3 AND 4





## BOOTY BUTT LIFT

DAY 4

# WORKOUT *Plan*

## HIIT WORKOUT ON STAIRMASTER

The 4 exercises you see counts as one cycle. Perform each cycle 3-5 times based on your fitness level. Please use speed guidance below exercises to determine how fast you should be walking on the stairmaster.

	<b>STAIRMASTER WALK</b> SETS X REPS 1 min		<b>STAIRMASTER DOUBLE STEP</b> SETS X REPS 45 secs
	<b>SIDE WALK LEFT</b> SETS X REPS 30 secs		<b>SIDE WALK RIGHT</b> SETS X REPS 30 secs

EXERCISE	BEGINNER SPEED	INTERMEDIATE SPEED	ATHLETE SPEED
Stairmaster walk	6-7	8-9	10-11
Stairmaster double step	10-11	10-11	12-13
Side walk left	7-8	8-9	11-12
Side walk right	7-8	8-9	11-12

# WEEKLY CHECKLIST

BOOTY BUTT LIFT

## WEEK 3

DAY 1		DAY 2		DAY 3		DAY 4
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WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

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WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?

## WEEK 4

DAY 1		DAY 2		DAY 3		DAY 4
-------	---	-------	---	-------	---	-------

WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

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WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?

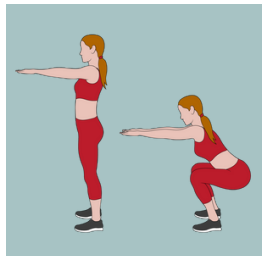
# WEEK 5 AND 6

## BOOTY BUTT LIFT

DAY 1

# WORKOUT

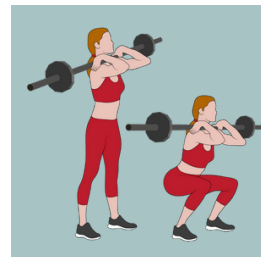
# Plan



### SQUATS

SETS X REPS  
4 x 8

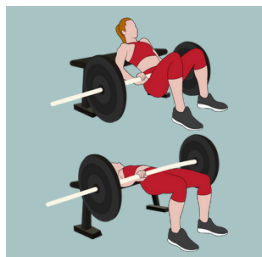
Weights:



### FRONT SQUATS

SETS X REPS  
4 x 8

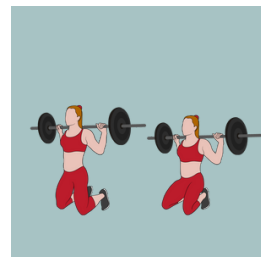
Weights:



### HIP THRUSTS

SETS X REPS  
4 x 8

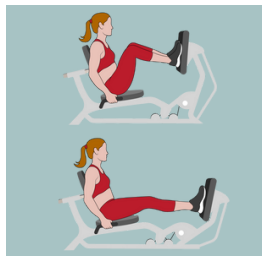
Weights:



### KNEELING SQUATS

SETS X REPS  
4 x 8

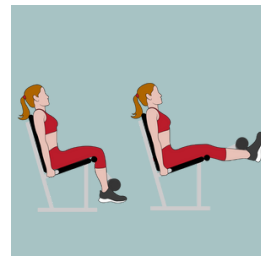
Weights:



### LEG PRESS

SETS X REPS  
4 x 8

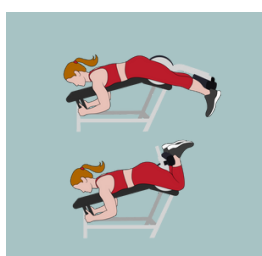
Weights:



### LEG EXTENSIONS

SETS X REPS  
4 x 8

Weights:



### LEG CURLS

SETS X REPS  
4 x 8

Weights:

### HOME ALTERNATIVES

*Aim to hold A 5kg weight for all exercises*

Hip Thrusts -

Glute bridges (optional dumbbells)

<https://youtu.be/qW8jUquTFOY>

Leg Press -

Lying banded leg press

<https://youtu.be/LpCgjPx60Y0>

Leg Extension -

Seated leg extension with band

<https://youtu.be/9kpDXHBUDt4>

Kneeling leg extension

<https://youtu.be/EXx9iLJi2JI>

Leg Curls -

Glute Bridge walkouts

<https://youtu.be/fECmsdFrL2k>



In weeks 5 & 6, increase your weights by 1-2kgs / 2-4lbs.

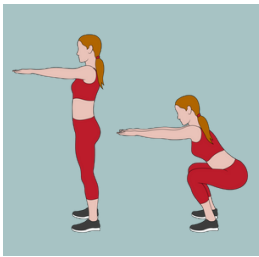
# WEEK 5 AND 6

## BOOTY BUTT LIFT

DAY 2

# WORKOUT

# Plan

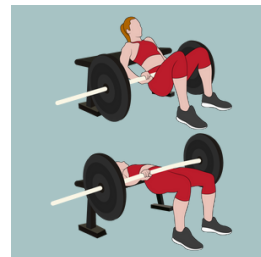


### SQUATS

SETS X REPS

4 x 8

Weights:

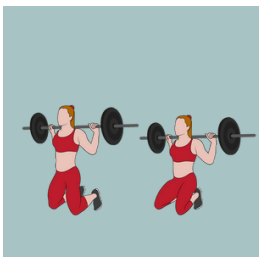


### HIP THRUSTS

SETS X REPS

4 x 8

Weights:

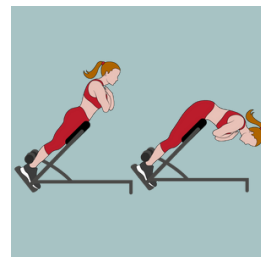


### KNEELING SQUATS

SETS X REPS

4 x 8

Weights:

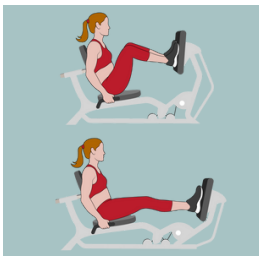


### BACK EXTENTIONS

SETS X REPS

4 x 8

Weights:

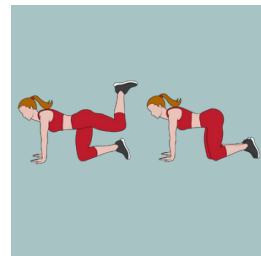


### LEG PRESS

SETS X REPS

4 x 8

Weights:



### DONKEY KICKS

SETS X REPS

4 x 8

Weights:

#### HOME ALTERNATIVES

*Aim to hold A 5kg weight for all exercises*

- Hip Thrusts - Glute bridges (optional dumbbells)  
<https://youtu.be/qW8jUquTFOY>
- Back Extension - Lying Back Extension  
<https://youtu.be/bfdEKEiz84Y>
- Leg Press - Lying banded leg press  
<https://youtu.be/LpCgjPx60YQ>



In weeks 5 & 6, increase your weights by 1-2kgs / 2-4lbs.

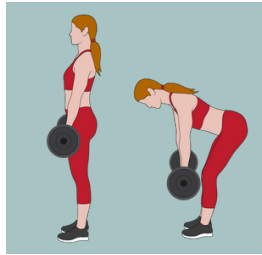


# WEEK 5 AND 6

## BOOTY BUTT LIFT

DAY 3

# WORKOUT *Plan*

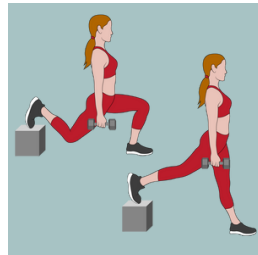


### SQUATS

SETS X REPS

4 x 8

Weights:

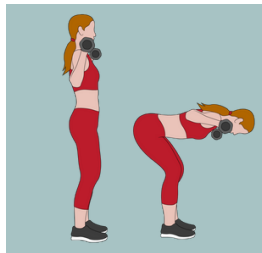


### BULGARIAN SPLIT SQUATS

SETS X REPS

4 x 8

Weights:

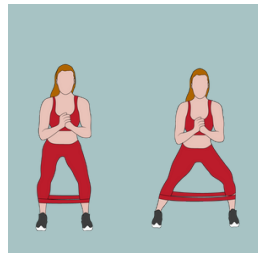


### GOOD MORNINGS

SETS X REPS

4 x 8

Weights:

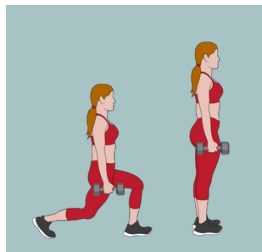


### BANDED SIDE WALKS

SETS X REPS

4 x 8

Weights:



### WALKING LUNGES

SETS X REPS

4 x 8

Weights:



### LEG PRESS

SETS X REPS

4 x 8

Weights:

#### HOME ALTERNATIVES

*Aim to hold A 5kg weight for all exercises*

Leg Press -

Lying banded leg press  
<https://youtu.be/LpCgjPx60Y0>



In weeks 5 & 6, increase  
your weights by 1-2kgs  
/ 2-4lbs.

# WEEK 5 AND 6


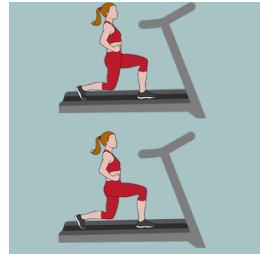
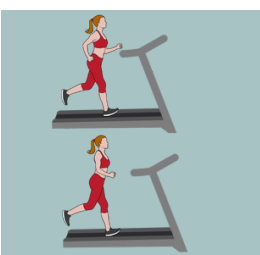
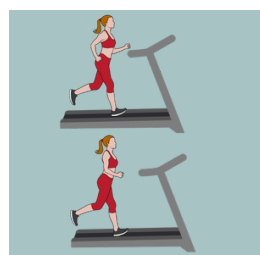
## BOOTY BUTT LIFT

DAY 4

# WORKOUT *Plan*

## HIIT WORKOUT ON TREADMILL

The 4 exercises you see counts as one cycle. Perform each cycle 3-5 times based on your fitness level. Please use speed guidance below exercises to determine how fast you should be walking on the stairmaster.

	<b>TREADMILL WALK</b> SETS X REPS 1 min		<b>TREADMILL LUNGES</b> SETS X REPS 45 secs
	<b>TREADMILL RUN</b> SETS X REPS 30 secs		<b>TREADMILL SPRINT</b> SETS X REPS 15 secs

EXERCISE	BEGINNER SPEED	INTERMEDIATE SPEED	ATHLETE SPEED
Treadmill walk	5.5	6	6
Treadmill lunges	6	6	8
Treadmill run	8-9	10	11
Treadmill sprint	FASTEST	FASTEST	FASTEST



Repeat workout 2-5 times based on your current fitness level.



In weeks 5 & 6, increase your weights by 1-2kgs / 2-4lbs.

# WEEKLY CHECKLIST

BOOTY BUTT LIFT

## WEEK 5

DAY 1		DAY 2		DAY 3		DAY 4
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WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

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WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?

## WEEK 6

DAY 1		DAY 2		DAY 3		DAY 4
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WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

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WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?

# WEEK 7 AND 8

## BOOTY BUTT LIFT

DAY 1

# WORKOUT

Plan



**SQUATS**

**SETS X REPS**  
3 x 12

Weights:



**BULGARIAN SPLIT SQUATS**

**SETS X REPS**  
3 x 12

Weights:



**BANDED WALKS**

**SETS X REPS**  
3 x 26

Weights:



**WALKING LUNGES**

**SETS X REPS**  
3 x 12

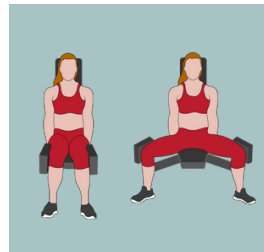
Weights:



**SIDE LEG LUNGES**

**SETS X REPS**  
3 x 12

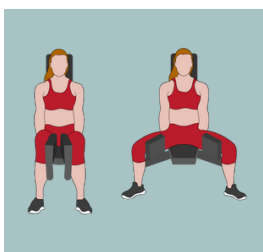
Weights:



**HIP ABDUCTOR**

**SETS X REPS**  
3 x 12

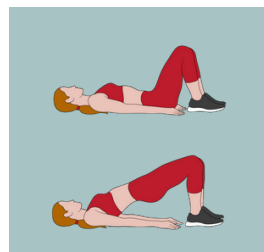
Weights:



**HIP ADDUCTOR**

**SETS X REPS**  
3 x 12

Weights:



**GLUTE BRIDGES**

**SETS X REPS**  
3 x 20

Weights:

### HOME ALTERNATIVES

*Aim to hold A 5kg weight for all exercises*

- Hip Abductor - Lying side leg raises  
(optional dumbbell or bands)  
<https://youtu.be/HNRnQt9zt8>
- Hip Adductor - Lying side hip adductions  
<https://youtu.be/TrP0r8Y6Z3c>



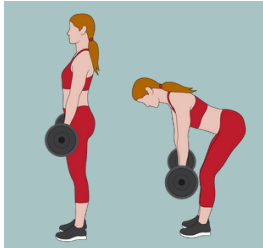
In weeks 7 & 8, increase your weights by 1-2kgs / 2-4lbs.

# WEEK 7 AND 8

## BOOTY BUTT LIFT

DAY 2

# WORKOUT *Plan*



**DEADLIFTS**

**SETS X REPS**  
3 x 12

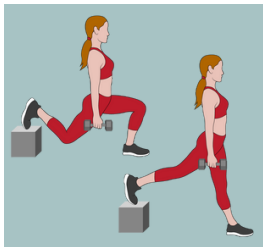
Weights:



**GOOD MORNINGS**

**SETS X REPS**  
3 x 12


Weights:



**BULGARIAN SPLIT SQUATS**

**SETS X REPS**  
3 x 12

Weights:



**SIDE LUNGES**

**SETS X REPS**  
3 x 12

Weights:



**LEG PRESS**

**SETS X REPS**  
3 x 12


Weights:



**LEG EXTENTIONS**

**SETS X REPS**  
3 x 12

Weights:



**LEG CURLS**

**SETS X REPS**  
3 x 12

Weights:



**DONKEY KICKS**

**SETS X REPS**  
3 x 20

Weights:

### HOME ALTERNATIVES

*Aim to hold A 5kg weight for all exercises*

- Leg Press - Lying banded leg press  
<https://youtu.be/LpCgjPx60Y0>
- Leg Curls - Glute Bridge walkouts  
<https://youtu.be/fECmsdFrL2k>
- Leg Extension - Seated leg extension with band  
<https://youtu.be/9kpDXHBUDt4>



In weeks 7 & 8, increase your weights by 1-2kgs / 2-4lbs.

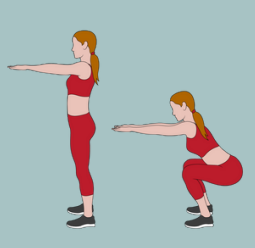
# WEEK 7 AND 8

## BOOTY BUTT LIFT

DAY 3

# WORKOUT

# Plan



**SQUATS**

**SETS X REPS**  
3 x 12

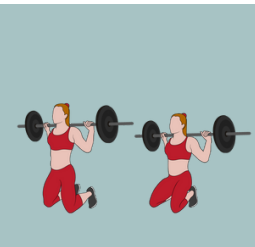
Weights:



**DEADLIFTS**

**SETS X REPS**  
3 x 12

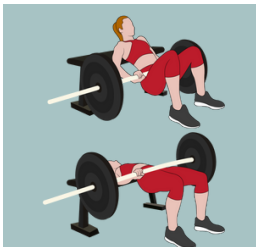
Weights:



**KNEELING SQUATS**

**SETS X REPS**  
3 x 12

Weights:



**HIP THRUSTS**

**SETS X REPS**  
3 x 12

Weights:



**SINGLE LEG DEADLIFT**

**SETS X REPS**  
3 x 12 (each side)

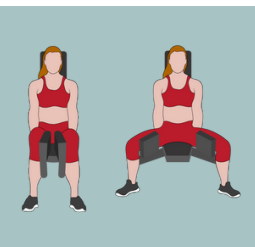
Weights:



**REVERSE FROG PUMPS**

**SETS X REPS**  
3 x 12

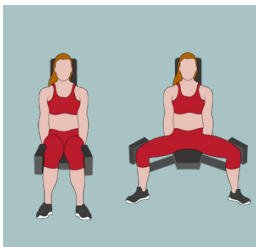
Weights:



**HIP ADDUCTOR**

**SETS X REPS**  
3 x 12

Weights:



**HIP ABDUCTOR**

**SETS X REPS**  
3 x 12

Weights:

### HOME ALTERNATIVES

Aim to hold A 5kg weight for all exercises

Hip Thrusts - Glute bridges (optional dumbbells)  
[https://youtu.be/qW8jUq\\_uTFOY](https://youtu.be/qW8jUq_uTFOY)

Reverse Frog Pump - Reverse Frog Pump on floor -  
<https://youtu.be/Ae68uEhm31g>

Hip Abductor - Lying side leg raises (optional dumbbell or bands)  
<https://youtu.be/HNRnQt9zt8>

Hip Adductor - Lying side hip adductions  
<https://youtu.be/TrP0r8Y6Z3c>



In weeks 7 & 8, increase your weights by 1-2kgs / 2-4lbs.

# WEEK 7 AND 8

## BOOTY BUTT LIFT

DAY 4

# WORKOUT *Plan*

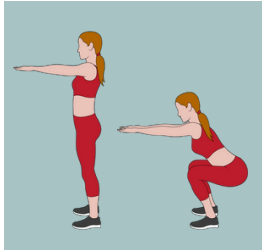
**HIIT WORKOUT (NO REST BETWEEN EXERCISES)**



**FROG JUMPS**

**SETS X REPS**  
1 x 30

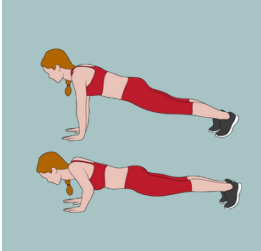
Weights:



**SQUAT JUMPS**

**SETS X REPS**  
1 x 16

Weights:



**PUSH UPS**

**SETS X REPS**  
1 x 15

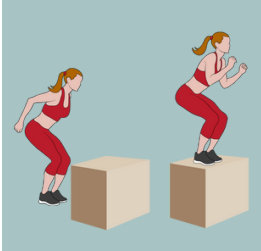
Weights:



**PLANK JACKS**

**SETS X REPS**  
1 x 8


Weights:



**BOX JUMPS**

**SETS X REPS**  
1 x 15

Weights:



**BURPEES**

**SETS X REPS**  
1 x 10




Repeat workout 2-5 times based on your current fitness level.

# WEEKLY CHECKLIST

BOOTY BUTT LIFT

## WEEK 7

DAY 1		DAY 2		DAY 3		DAY 4
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WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

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WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?

## WEEK 8

DAY 1		DAY 2		DAY 3		DAY 4
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WHAT'S ONE GOOD THING THAT HAPPENED THIS WEEK?

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WHAT ONE THING YOU WISH YOU COULD IMPROVE ON?

2-3 LITERS HYDRATED

2 CARDIO/ HIIT SESSIONS?





*Rest and Recovery*

# WHY IS RESTING IMPORTANT

BOOTY BUTT LIFT

Your body is under a lot of physical strain when you workout out. If you don't give it time to recover, then you're setting yourself up for burnout, which can result in lack of motivation, lowered willpower and an inability to stick with your diet or workout routine. Here are some of the best rest and recovery techniques.

## *Nutritional Recovery tips*

### **HYDRATION**

Exercising involves a significant amount of water loss, which can contribute to dehydration. This can lead to changes in blood volume, organ function, and muscle contraction may occur. As a result, it's critical to replenish water after exercise to allow muscles and organs to heal and prepare for the next workout.

### **CARBOHYDRATES**

Exercise tears muscle in order to strengthen and rebuild them bigger. When muscle damage occurs, your body may struggle to replenish the energy storage, and this is important for better muscle contraction. So, you need to consume enough carbohydrates (discussed in the previous chapter).

### **PROTEINS**

Proteins are vital for muscle growth and recovery, without adequate intake of protein, your progress will be greatly affected.



VITALITY HUB

# PHYSICAL RECOVERY TIPS

## BOOTY BUTT LIFT

### **STRETCH**

Flexibility is important as it allows for a whole range of motion of the muscle and joints, but also keeps muscles more pliable and prevents injury. It can also improve circulation and encourages muscle relaxation.

Incorporate a stretching routine during a warm-up or a cool down to help blood flow through the muscles to help them relax and recover.

### **YOGA**

Stretch your muscles and expand your range of motion using yoga poses. They'll increase your flexibility, body functionality and relieve tension with consistent practice. Check out some of the most commonly used poses like the tree pose, warrior pose, horse and oat pose.

### **MASSAGE THERAPY**

Massage therapy increases range of motion so you can perform the exercise with a better form regulates skin and muscle temperature, improves blood flow, and relieves cramps and muscle soreness. Make sure the massage is of deep tissue nature.

### **SLEEP**

Sleep is vital for post-exercise recovery, and it has shown to significantly improve recovery and athletic performance. Sleep quality increases physical performance, reaction times, overall mood, and fatigue. Some of the most well-known bodybuilders will take regular naps before and after workouts to help them recover before their next workout.

There is a lot of research that indicates the benefits of sleep on athletic performance and recovery, and they all point to the same conclusion: you need to sleep to fully recover.

A word of advice: if you want to get a good night's sleep, make sure you have a good mattress. There's nothing like waking up rejuvenated and free of back pain!

# Thank You

This ebook is available exclusively to Vitality Hub Members.

We would love to see your results in our customer facebook page. If you are comfortable sharing your journey it also inspires others and you can see the physical changes that also occur.

Congratulations for taking this journey with us and please reach out in the group for support or chat with your Ambassador.

Special thanks to Lee Campbell, Katrina Stark, Adam Westwick, our global community and to everyone who helped to put this project together. It was an incredible team effort.

We appreciate you!

*Are you ready for your next challenge?*

