

LAUREN SIMPSON

← fitness →

**All in One FULL
Fitness Guides
Programs
Video Training
Routines
Diet & Meals**



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GYM AND HOME
PROGRAM

POWER BOOTY

2.0 6 WEEK
PROGRAM



It is important to recognise that there are a range of Qualitative Factors outside of the gym, which can influence your results.

External stress factors such as being a student, a working mum, a single parent, family or relationship issues, stress etc. in general can raise cortisol levels and influence your energy levels! Your quality of sleep and hydration alone can dramatically impact not only the way you look but also the way you feel!

- You should be aiming to sleep an average 8-9 hours per night. Even though you may no longer be growing, training requires recovery and sleep is THE most effective form of recovery!

- You should never go to sleep feeling hungry. That's an immediate indicator that you are under eating!

- If you are dealing with self-esteem/body issues, take a step back and analyse how far you have come! Be proud of where you are and appreciate your journey every step of the way! Nothing worthwhile is easy! Moreover, you are never alone! Jump onto the exclusive Facebook Page and seek some support from your fellow women! We are all in this together!

RESISTANCE TRAINING

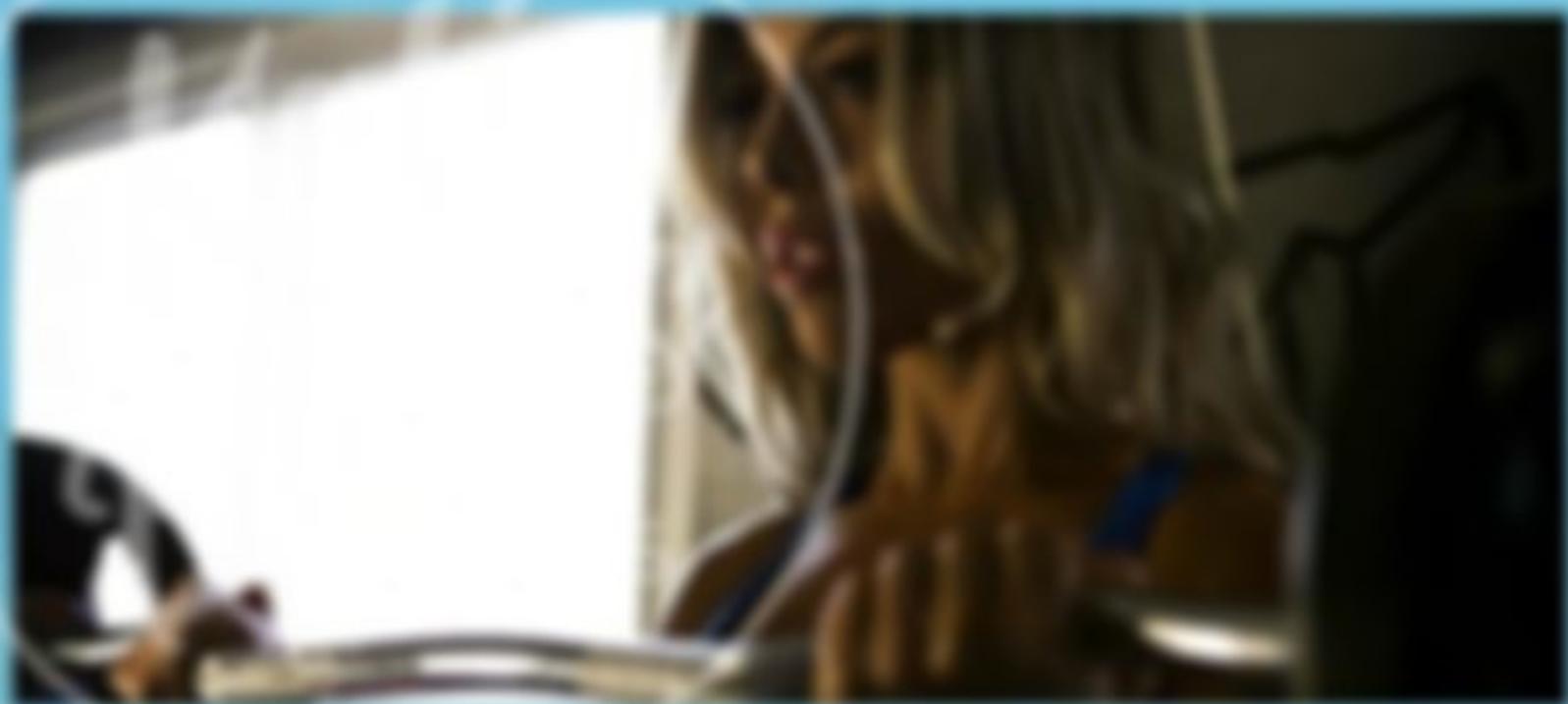
Resistance training is a key component of overall fitness and health/beneficial resistance training involves precise controlled movements for each major muscle group. Your overall weight may not change as drastically, but you will increase muscle tone, lose fat and improve your overall body composition. Over time you should notice a decrease in waist measurements and body fat. You will also notice a firming/toning to your musculature! There are a number of amazing benefits which also come with resistance training some of which include:

- "Increased bone density" reducing the risk of osteoporosis and arthritis.

- Reduce the signs and symptoms of many chronic conditions, such as arthritis, back pain, obesity, heart disease, depression and diabetes.

- Daily chores will be far easier. Lifting the kids, carrying the groceries and laundry will no longer be arduous tasks for you!

- The improvement of your overall state of mind. Women who strength train consistently report a feeling of an increase in confidence and abilities both cognitive and physical as a result of weight training. This is extremely important considering 1 in 2 Australians suffer from depression.



Firstly, I would like to personally congratulate you for taking the initiative and committing to my 5 Week Bikini Body Blast! We all know how difficult it is to take that initial step so be proud that you are now here and ready to COMMIT! The Program is fundamentally based around 5 challenging but realistic workouts, designed to shred unwanted body fat, improve your level of fitness, tone your body, boost your confidence and leave you feeling fit and foxy as ever! My commitment to you is to educate you on the importance of health and well being whilst providing you with the science behind the training you'll be required to partake in! Remember

and be very in detail as also take note of the way you look in the mirror, the way your clothes fit and the way you feel.

The last of things that **WELLFIT**!

TAKING Girth MEASUREMENTS

Consistency is key to accurate tracking. To remain consistent with your Girth Measurements they should be taken at the same time, under the same circumstances each week at the same time that you weigh in or the same day you submit your Weekly Progress. If you get assistance doing this try and use the same individual and ensure they are well versed in taking measurements. If it's your PT that's great! You can rest assured they know what they are doing.

Measure these 2 regions!

Take and note measurements to the nearest 0.1 cm for accuracy

To help you take the measurements in the same place each time:

• Use the widest part of your legs and gaiters

• Measure at the nipple line for the chest, being sure not to get the tape at an angle or twisted during the measuring process

• Measuring the stomach two fingers above and below the navel is a good guideline instead of trying to measure 2 inches above and below each time. This is convenient and makes it easier to maintain consistency

• Consider getting yourself a Mytapes™ kit as it makes self measuring easier and more consistent

PROGRESS PHOTOS

Progress Photos should be taken at the same time and on the same day in which your Weekly Progress Update is submitted

Your Progress Photos should be taken under the same lighting conditions each time so as to avoid any distorted perceptions of your physique

Photos should be taken in a mirror or a well-lit area so as to clearly display the physique in its current form

Multiple photos should clearly display the entire physique from head to toe, Front, Side and Back

Consistent before and progress photos are a great way to keep you motivated! You will be surprised what you will notice. We see ourselves daily so we take for granted the changes that take place over time so it's extremely rewarding to see the transformation come to life right before your very eyes!

Create a picture collage if you want a real check for the better of course!

WELLFIT!
FITNESS

that only thing that stands between you and what you want to achieve in life is the willingness to try your best and having the faith in believe it is possible to achieve those very goals you've been dreaming of achieving. Therefore, for the next 5 weeks, I need you to stay consistent with your efforts and work hard day in and day out. After all it is commitment that will allow you to achieve the body you desire. The body you deserve! Wishing you the best of luck and I look forward to working alongside you every step of the way. LET'S GET

PREPARATION You **MUST** ensure you carefully read through the workouts prior to commencing the challenge. Technique is **EVERYTHING**. You will also be required to take your girth measurements and print out your weekly calendar in advance. Commit to the workouts you plan to complete each day and begin to implement structure to your week before it commences. Carefully and thoroughly read through the 5 workouts that have been provided for you and ensure you understand each one to the very finest detail! Remember, there is no such thing as a stupid question! We are not born with the knowledge of training

and nutrition. It is something that we learn and get better at daily through practice, implementation and education. That's why I'm here! I have created an exclusive Facebook group for all of my Kali Burns Fitness Girls where you have full access to all workout videos/demonstrations and weekly check ins. It's also a very convenient and effective way to communicate with me and the other girls that are participating in this challenge. That way we can all motivate one another with our success stories throughout the challenge. After all, the journey is just as important as the destination! **CLICK HERE TO JOIN THE GROUP**

**TRACKING WEIGHT &
PROGRESS HOW TO WEIGH
YOURSELF** Weigh yourself once per week using the same set of scales on the day of your update upon rising, after you go to the bathroom but before breakfast. It is imperative that you have structure with the timing of your weigh in as so many variables may come into play and influence your readings, for better or for worse. I don't want you to focus only on the number displayed. It is merely a measure of motivation. It's your overall body composition that matters most ultimately! Muscle

DAY 1 QUADS + CALVES

Superset

Back Squats (4 sets • 12 reps)

Leg Extension (4 sets • 10 reps)

Superset

Leg Press (3 sets • 10 reps)

Smith Machine Lunges (3 sets • 12 reps each leg)

Superset

Single Leg Extension (3 sets • 15 reps each leg)

Lunge Jumps (3 sets • 20 reps each leg)

Standing Calf Raises (3 sets • 20 reps)

DAY 2 UPPER BODY + HIIT

Superset

Wide Grip Lat Pulldown (3 sets • 10 reps)

Underhand Grip BB Row (3 sets • 15 reps)

Superset

Arnold Press (3 sets • 12 reps)

Face Pulls (3 sets • 15 reps)

Superset

Bent Over Single Arm Row (3 sets • 12 reps)

DB Lateral Raise (3 sets • 15 reps)

Superset

Dumbbell Thrusters (3 sets • 10 reps)

Push Ups (3 sets • 10 reps)

Mountain Climbers (3 sets • 10 reps each side)

Medicine Ball Slams (3 sets • 10 reps)

Burpees (chest to floor) (3 sets • 10 reps)

DAY 3 GLUTES + HAMSTRINGS

Superset

BB Hip Thrust (4 sets • 12 reps)

Booty Band Kickbacks (4 sets • 20 reps each leg)

Superset

DB Bulgarian Split Squat (3 sets • 10 reps)

Seated Abduction (Booty Band) (3 sets • 15 reps)

Superset

DB Romanian Deadlifts (3 sets • 12 reps)

Swiss Ball Hamstring Curls (3 sets • 15 reps)

Booty Band Squats (3 sets • 20 reps)

Superset

Hanging Knee Raises (3 sets • 20 reps)

Cable Crunches (3 sets • 20 reps)

Russian Twists (3 sets • 20 reps each side)

Side Plank (3 sets • 30 sec each side)

DAY 4 HIIT + PLYOMETRICS

Choose one option

Cardio bike (30 min) **or**

Treadmill (30 min) **or**

Stairmaster (30 min)

Superset

Sled Push (3 sets • 30 sec)

Battle Rope Alternating Whips (3 sets • 30 sec)

Burpees (3 sets • 30 sec)

Box Jumps (3 sets • 30 sec)

Rower Sprints (3 sets • 30 sec)

KB Stiff Leg Deadlift (3 sets • 30 sec)

Squat Jumps (3 sets • 30 sec)

Plank (3 sets • 30 sec)

DAY 5 UPPER BODY + ABS

Superset

Chin Ups (3 sets • 10 reps)

Seated Cable Row (3 sets • 10 reps)

Superset

Seated DB Shoulder Press (3 sets • 10 reps)

Alternating Db Front Raise (3 sets • 15 reps each side)

Plate Curl To Overhead Press (3 sets • 20 reps)

Superset

Bosu Ball Crunches (3 sets • 20 reps)

Bosu Ball Mountain Climbers (3 sets • 20 reps each leg)

Bosu Ball Alternating Touches (3 sets • 20 reps each leg)

Plank (3 sets • 60 sec)

Choose one option

Cardio bike (45 min) **or** Treadmill (45 min)

or Stairmaster (45 min)

DAY 6 TOTAL LOWER BODY

Superset

Sumo Deadlift (4 sets • 12 reps)

Back Extension (Rounded Back) (4 sets • 10 reps)

Superset

Reverse Hack Squat (3 sets • 12 reps)

DB Walking Lunges (3 sets • 10 reps each leg)

Superset

Cable Kickbacks (3 sets • 10 reps each leg)

Abductor Machine Upright (3 sets • 20 reps)

Abductor Machine Leaning Back (3 sets • 20 reps)

Abductor Machine Leaning Forward (3 sets • 20 reps)

Superset

Squat jumps + Walking DB Side Lunges +

Squat Pulses + Skipping/Jump Rope (4 sets • 30 sec)

DAY 1 QUADS + CALVES

Superset

Back Squats (4 sets • 12 reps)

Leg Extension (4 sets • 12 reps)

Superset

Leg Press (4 sets • 12 reps)

Smith Machine Lunges (4 sets • 12 reps each leg)

Superset

Single Leg Extension (3 sets • 15 reps each leg)

Squat Jumps (3 sets • 20 reps)

Standing Calf Raises (3 sets • 20 reps)

DAY 2 UPPER BODY + HIIT

Superset

Wide Grip Lat Pulldown (4 sets • 8 reps)

Underhand Grip BB Row (4 sets • 15 reps)

Superset

Arnold Press (3 sets • 12 reps)

Face Pulls (3 sets • 15 reps)

Superset

Bent Over Single Arm Row (3 sets • 12 reps)

DB Lateral Raise (3 sets • 15 reps)

Superset

Dumbbell Thrusters (3 sets • 10 reps)

Incline Plyo Push Ups (3 sets • 10 reps)

Mountain Climbers (3 sets • 20 reps each side)

Medicine Ball Slams (3 sets • 10 reps)

Burpees (chest to floor) (3 sets • 10 reps)

DAY 3 GLUTES + HAMSTRINGS

Superset

BB Hip Thrust (4 sets • 15 reps)

Booty Band Kickbacks (4 sets • 20 reps each leg)

Superset

DB Bulgarian Split Squat (3 sets • 12 reps)

Seated Abduction (Booty Band) (3 sets • 20 reps)

Superset

DB Romanian Deadlifts (3 sets • 12 reps)

Swiss Ball Hamstring Curls (3 sets • 15 reps)

Booty Band Lateral Walks (3 sets • 20 reps each side)

Superset

Hanging Knee Raises (4 sets • 20 reps)

Cable Crunches (4 sets • 20 reps)

Russian Twists (4 sets • 20 reps each side)

Side Plank Leg Raise (4 sets • 30 sec each side)

DAY 4 HIIT + PLYOMETRICS

Choose one option

Cardio bike (30 min) **or**

Treadmill (30 min) **or**

Stairmaster (30 min)

Superset

Sled Push (3 sets • 30 sec)

Battle Rope Alternating Whips (3 sets • 30 sec)

Burpees (3 sets • 30 sec)

Box Jumps (3 sets • 30 sec)

Rower Sprints (3 sets • 30 sec)

KB Stiff Leg Deadlift (3 sets • 30 sec)

Squat Jumps (3 sets • 30 sec)

Plank (3 sets • 30 sec)

DAY 5 UPPER BODY + ABS

Superset

Chin Ups (4 sets • 10 reps)

Seated Cable Row (4 sets • 15 reps)

Superset

Seated DB Shoulder Press (3 sets • 12 reps)

Alternating Db Front Raise (3 sets • 15 reps each side)

Plate Curl To Overhead Press (3 sets • 20 reps)

Superset

Bosu Ball Crunches (3 sets • 20 reps)

Bosu Ball Mountain Climbers (3 sets • 20 reps each leg)

Bosu Ball Alternating Touches (3 sets • 20 reps each leg)

Plank (3 sets • 60 sec)

Choose one option

Cardio bike (45 min) **or** Treadmill (45 min)

or Stairmaster (45 min)

DAY 6 TOTAL LOWER BODY

Superset

Sumo Deadlift (4 sets • 8 reps)

Back Extension (Rounded Back) (4 sets • 12 reps)

Superset

Reverse Hack Squat (4 sets • 12 reps)

DB Walking Lunges (4 sets • 15 reps each leg)

Superset

Cable Kickbacks (3 sets • 10 reps each leg)

Abductor Machine Upright (3 sets • 20 reps)

Abductor Machine Leaning Back (3 sets • 20 reps)

Abductor Machine Leaning Forward (3 sets • 20 reps)

Superset

Squat jumps + Walking DB Side Lunges +

Squat Pulses + Skipping/Jump Rope (4 sets • 30 sec)

DAY 1 QUADS + CALVES

Superset

Leg Extension (4 sets • 15 reps)

Bodyweight Squats (4 sets • 20 reps)

Superset

Leg Press Close Stance (4 sets • 8 reps)

DB Walking Lunges (4 sets • 12 reps each leg)

Superset

DB Front Foot Elevated Split Squat (3 sets • 12 reps each leg)

Single Leg Extension (3 sets • 12 reps each leg)

Squat pulses (3 sets • 30 sec)

Superset

Standing Calf Raises Toes In (3 sets • 20 reps)

Standing Calf Raises (3 sets • 20 reps)

Standing Calf Raises Toes Out (3 sets • 20 reps)

DAY 2 UPPER BODY + HIIT

Superset

Wide Grip Lat Pulldown (4 sets • 6 reps)

Underhand Grip Lat Pulldown (4 sets • 15 reps)

Superset

Underhand Grip BB Row (4 sets • 12 reps)

Cable Straight Bar Pulldown (4 sets • 10 reps)

Superset

Barbell Curls (3 sets • 10 reps)

Alternating DB Bicep Curls (3 sets • 10 reps each side)

Superset

Battle Rope Double Slams (3 sets • 30 sec)

Push Ups Hold with Shoulder Touch (3 sets • 30 sec)

Mountain Climbers (3 sets • 30 sec)

DB Bent Over Rows (3 sets • 30 sec)

Backwards Duck Walk (Booty Band) (3 sets • 30 sec)

DAY 3 GLUTES + HAMSTRINGS

Superset

BB Hip Thrust Paused Reps (5 sets • 8 reps)

Single Leg Hip Extension (5 sets • 12 reps each leg)

Superset

Smith Machine Sumo Squats (4 sets • 6 reps)

Stiff Leg Deadlifts (toes elevated) (4 sets • 12 reps)

Superset

Smith Machine Donkey Kick (3 sets • 15 reps each leg)

Booty Band Lateral Walks (3 sets • 15 reps each leg)

In + Out Squat Jumps Holding Plate (5 sets • 30 reps)

Choose one option

Cardio bike **or** Treadmill **or** Stairmaster (45 min)

DAY 4 HIIT + PLYOMETRICS

Superset

Treadmill Walk (10 min)

Treadmill Incline Walk (10 min)

Treadmill HIIT Incline Int. Speed 5% (5 sets • 30 sec)

Treadmill HIIT Interval Sprints (5 sets • 30 sec)

Treadmill Walk (5 min)

Superset

KB Sumo Squats (3 sets • 20 reps)

KB Stiff Leg Deadlifts (3 sets • 20 reps)

KB Swings (3 sets • 20 reps)

Sled push (3 sets • 20 reps each leg)

DAY 5 UPPER BODY + ABS

Superset

Standing BB Shoulder Press (5 sets • 8 reps)

Around the World (5 sets • 15 reps)

Superset

DB Lateral Raise (3 sets • 10 reps)

DB Front Raise (3 sets • 12 reps)

Bent Over Rear Delt Raise (3 sets • 15 reps)

Superset

Plate Curl To Overhead Press (3 sets • 15 reps)

Bench Tricep Dips (3 sets • 15 reps)

Push ups (3 sets • 10 reps)

Superset

Leg Raises (3 sets • 20 reps)

Hanging Leg Raises (3 sets • 10 reps)

Plate Side Bend (3 sets • 20 reps each side)

DAY 6 TOTAL LOWER BODY

Superset

Back Squats (5 sets • 5 reps)

Lying Leg Curl (5 sets • 12 reps)

Superset

DB Curtsy Lunges (3 sets • 12 reps each side)

Leg Extension (3 sets • 15 reps)

Superset

KB Single Leg Deadlift (3 sets • 10 reps each leg)

Booty Band Kickbacks (3 sets • 20 reps each leg)

Booty Band Side Kicks (3 sets • 20 reps each leg)

Superset

Swiss Ball Hamstring Curls (4 sets • 15 reps)

Reverse Hyper on Bench (4 sets • 20 reps)

Superset

Lunge Jumps (4 sets • 30 sec)

KB Side to Side Lunges (4 sets • 30 sec)

Plated Duck Walks (4 sets • 30 sec)

Burpees (4 sets • 30 sec)

DAY 1 QUADS + CALVES

Superset

Leg Extension (5 sets • 15 reps)

Bodyweight Squats (5 sets • 30 reps)

Superset

Leg Press Close Stance (4 sets • 8 reps)

DB Walking Lunges (4 sets • 15 reps each leg)

Superset

DB Front Foot Elevated Split Squat (3 sets • 12 reps each leg)

Single Leg Extension (3 sets • 12 reps each leg)

Squat pulses (3 sets • 45 sec)

Superset

Standing Calf Raises Toes In (3 sets • 20 reps)

Standing Calf Raises (3 sets • 20 reps)

Standing Calf Raises Toes Out (3 sets • 20 reps)

DAY 2 UPPER BODY + HIIT

Superset

Wide Grip Lat Pulldown (4 sets • 6 reps)

Underhand Grip Lat Pulldown (4 sets • 15 reps)

Superset

Underhand Grip BB Row (4 sets • 12 reps)

Cable Straight Bar Pulldown (4 sets • 10 reps)

Superset

Barbell Curls (3 sets • 10 reps)

Alternating DB Bicep Curls (3 sets • 10 reps each side)

Superset

Battle Rope Double Slams (4 sets • 30 sec)

Push Ups Hold with Shoulder Touch (4 sets • 30 sec)

Mountain Climbers (4 sets • 30 sec)

DB Bent Over Rows (4 sets • 30 sec)

Backwards Duck Walk (Booty Band) (4 sets • 30 sec)

DAY 3 GLUTES + HAMSTRINGS

Superset

BB Hip Thrust Paused Reps (5 sets • 10 reps)

Single Leg Hip Extension (5 sets • 15 reps each leg)

Superset

Smith Machine Sumo Squats (4 sets • 6 reps)

Stiff Leg Deadlifts (toes elevated) (4 sets • 12 reps)

Superset

Smith Machine Donkey Kick (3 sets • 15 reps each leg)

Booty Band Lateral Walks (3 sets • 20 reps each leg)

In + Out Squat Jumps Holding Plate (5 sets • 30 reps)

Choose one option

Cardio bike **or** Treadmill **or** Stairmaster (45 min)

DAY 4 HIIT + PLYOMETRICS

Superset

Treadmill Walk (10 min)

Treadmill Incline Walk (10 min)

Treadmill HIIT Incline Int. Speed 5% (5 sets • 30 sec)

Treadmill HIIT Interval Sprints (5 sets • 30 sec)

Treadmill Walk (5 min)

Superset

KB Sumo Squats (4 sets • 20 reps)

KB Stiff Leg Deadlifts (4 sets • 20 reps)

KB Swings (4 sets • 20 reps)

Sled push (4 sets • 20 reps each leg)

DAY 5 UPPER BODY + ABS

Superset

Standing BB Shoulder Press (5 sets • 8 reps)

Around the World (5 sets • 20 reps)

Superset

DB Lateral Raise (3 sets • 12 reps)

DB Front Raise (3 sets • 12 reps)

Bent Over Rear Delt Raise (3 sets • 15 reps)

Superset

Plate Curl To Overhead Press (3 sets • 15 reps)

Bench Tricep Dips (3 sets • 15 reps)

Push ups (3 sets • 15 reps)

Barbell Rollout (4 sets • 8 reps)

Superset

Leg Raises (3 sets • 20 reps)

Hanging Leg Raises (3 sets • 10 reps)

Plate Side Bend (3 sets • 20 reps each side)

Bicycle Crunches (3 sets • 20 reps each side)

DAY 6 TOTAL LOWER BODY

Superset

Back Squats (5 sets • 5 reps)

Lying Leg Curl (5 sets • 15 reps)

Superset

DB Curtsy Lunges (4 sets • 12 reps each side)

Leg Extension (4 sets • 15 reps)

Superset

KB Single Leg Deadlift (3 sets • 12 reps each leg)

Booty Band Kickbacks (3 sets • 20 reps each leg)

Booty Band Side Kicks (3 sets • 20 reps each leg)

Superset

Swiss Ball Hamstring Curls (4 sets • 15 reps)

Reverse Hyper on Bench (4 sets • 20 reps)

Superset

Lunge Jumps (4 sets • 30 sec)

KB Side to Side Lunges (4 sets • 30 sec)

Plated Duck Walks (4 sets • 30 sec)

Burpees (4 sets • 30 sec)

BREAKFAST



Coconut Oatmeal

¼ cup rolled oats
½ cup almond milk
1 tbsp coconut oil
Fruits, nuts, and seeds, optional
Black Coffee or OxyShred

277 kcal • 26g Carbs • 15g Fat • 11g Protein



Poached eggs with leek

1 poached egg
1 cup leeks, fried
1 slice whole grain bread
Black Coffee or OxyShred

253 kcal 28g Carbs 11g Fat 14g Protein



Poached Eggs & Spinach

2 poached eggs
1 cup steamed spinach
5 Kalamata olives
1 slice whole grain bread
Black Coffee or OxyShred

304 kcal • 28g Carbs • 14g Fat • 19g Protein



Greek Toast

¼ cup low fat cream cheese
2 slices whole grain bread, toasted
½ tomato, sliced
1 tsp olive oil
½ tsp sea salt
¼ tsp chili flakes

213 kcal • 28g Carbs • 8g Fat • 11g Protein



Breakfast Sandwich

2 tbsp salmon pate
2 slices whole grain bread
1 hard-boiled egg, mashed
Black Coffee or OxyShred

245 kcal • 20g Carbs • 11g Fat • 13g Protein



Berry Oatmeal

½ cup oatmeal
½ cup almond milk
¼ cup berries
Black coffee

230 kcal • 33g Carbs • 6g Fat • 10g Protein



Poached Egg Salad

1 poached egg
1 cup button mushrooms, grilled
1 cup arugula
1 tsp olive oil
1 slice whole grain bread
Salt and pepper to taste

253 kcal • 28g Carbs • 11g Fat • 14g Protein



Greek yogurt and strawberries

1 cup low fat Greek yogurt
1 cup strawberries, sliced
1 tbsp walnuts, chopped
1 tbsp honey
Black Coffee or OxyShred

230 kcal 33g Carbs 6g Fat 10g Protein



Boiled egg with spinach & nuts

1 hard-boiled egg
1 cup steamed spinach
2 tbsp almonds, finely chopped
½ melon, cut into chunks
Black Coffee or OxyShred

230 kcal 33g Carbs 6g Fat 10g Protein

MORNING & AFTERNOON SNACKS



Spinach Almond Salad

1 cup spinach, torn
1 cup arugula, torn
1 tbsp almonds
½ pear, chopped
30g avocado, chopped
¼ cup cottage cheese

203 kcal • 20g Carbs • 10g Fat • 11g Protein



Grilled Pineapple

¼ pineapple, sliced
½ cup plain low fat Greek yogurt
¼ cup raspberries
1 tsp maple syrup
1 tsp coconut oil

253 kcal 28g Carbs 11g Fat 14g Protein



Sweet Carrot Salad

½ apple, spiralsised
½ carrot, spiralsised
½ cucumber, spiralsised
¼ avocado
1 tbsp almonds
1 tsp balsamic dressing

230 kcal 33g Carbs 6g Fat 10g Protein



Spinach Almond Salad

1 cup cucumber slices
12 almonds
20g feta

150 kcal • 8g Carbs • 11g Fat • 5g Protein



Greek yoghurt & banana

6 oz container 0% Fat Greek Yogurt
1 Medium Banana
Black Coffee

200 kcal • 34g Carbs • 0g Fat • 19g Protein



Spinach Smoothie

2 cups spinach
1 banana
1 cup unsweetened almond milk
1 tsp maple syrup
1 lime, juiced

188 kcal • 37g Carbs • 4g Fat • 5g Protein



Strawberry Smoothie

1 cup almond milk
1 scoop OxyWhey protein powder
1 cup strawberries
1 tsp maple syrup
½ tsp vanilla extract

210 kcal • 17g Carbs • 4g Fat • 27g Protein



Apple & Almonds

12 almonds
1 medium apple

170 kcal • 28g Carbs • 7g Fat • 3g Protein



Avocado Smoothie

½ cup low fat Greek yogurt
¼ cup avocado chunks
1 tsp maple syrup
½ cup almond milk

203 kcal • 12g Carbs • 11g Fat • 17g Protein

LUNCH & DINNER OPTIONS



Chicken Snack Box

4 oz grilled chicken breast
1 cup broccoli, steamed
1 medium sweet potato
1 hard-boiled egg
1/4 cup shredded lettuce
3 cherry tomatoes

405 kcal • 33g Carbs • 11g Fat • 46g Protein



Baked Avocado

1/2 avocado, baked
1 egg, baked inside avocado
1/4 cup cottage cheese
1 slice whole grain bread
1/2 tsp sea salt
Black pepper

449 kcal • 36g Carbs • 27g Fat • 21g Protein



Salmon

3.5 oz (100g) grilled salmon fillet
1 purple onion, sliced
1/2 cup cherry tomatoes
1 cup cooked quinoa or brown rice

426 kcal • 49g Carbs • 11g Fat • 35g Protein



Tuna Salad

100g (3.5 oz) canned tuna, oil-free
1 hard-boiled egg
1 cucumber, sliced
1 cup lettuce
1 large carrot, sliced
1 tbsp walnuts
1/3 cup brown rice or 1 slice rye bread

437 kcal • 43g Carbs • 22g Fat • 21g Protein



Pizza Tortilla

2 tomatoes, sliced
1/2 cup button mushrooms, sliced
1 tsp olive oil
2 whole grain tortillas
1/2 cup mozzarella, sliced
1 tbsp pumpkin seeds
Salt, pepper, 1/4 tsp dried oregano

344 kcal • 39g Carbs • 16g Fat • 17g Protein



Asparagus Fettuccine

1/2 cup cooked fettuccine
3 asparagus spears
1/2 avocado
1 cup cherry tomatoes
1 tbsp almonds
1/4 cup mozzarella, sliced
Salt and pepper to taste

448 kcal • 36g Carbs • 28g Fat • 17g Protein



Steak Salad

100g grilled flank steak (3.5 oz)
1 tbsp cottage cheese
1 tomato, sliced
1 cup arugula + 1 tbsp mixed nuts
1/2 cup cooked brown rice
Salt and pepper to taste

450 kcal • 27g Carbs • 22g Fat • 37g Protein



Chicken & Broccoli

100g baked chicken breast
2 cups spinach
1 tbsp walnuts
2 cups broccoli, steamed
1 tbsp olive oil, salt & pepper
1 slice whole grain bread
1 tbsp lemon juice

450 kcal • 39g Carbs • 15g Fat • 46g Protein



Steak Skewers

100g grilled flank steak, chopped
1 cup cherry tomatoes
1 onion
1 medium sweet potato
Salt, pepper, and dried rosemary

373 kcal • 45g Carbs • 8g Fat • 31g Protein

LUNCH & DINNER OPTIONS



Shittake Spaghetti

1/2 cup cooked spaghetti
1 large shiitake mushroom, sliced
1/2 cup cottage cheese
1/2 red bell pepper, chopped
1/4 cup arugula

405 kcal 33g Carbs 11g Fat 46g Protein



Feta Salad

1/2 cup feta cheese
1 tomato, chopped
1/2 bell pepper, chopped
1 cup broccoli, steamed
3 Kalamata olives
1 slice whole grain bread

405 kcal 33g Carbs 11g Fat 46g Protein



Roasted Butternut Squash

1/2 butternut squash, roasted
1 cup steamed spinach
2 tbsp buckwheat groats
1/2 cup cottage cheese
1 tbsp olive oil (for roasting)
Salt and pepper to taste

405 kcal 33g Carbs 11g Fat 46g Protein



Asparagus Avocado Fettuccine

1/2 cup cooked fettuccine
3 asparagus spears
1/2 avocado
1 cup cherry tomatoes
1 tbsp almonds
1/4 cup mozzarella, sliced
Salt and pepper to taste

405 kcal 33g Carbs 11g Fat 46g Protein



Spinach & Cheese Stirfry

1 bunch spinach, fried with
1 tsp olive oil
1 oz (29g) goat's cheese, crumbled
1 small onion, sliced
1 tsp salt
1 cup cooked brown rice to serve

405 kcal 33g Carbs 11g Fat 46g Protein



Panzanella

1 tomato, chopped
1 cucumber, sliced
1 onion, sliced
1 cup lettuce, tort
1/2 cup cottage cheese
1 slice bread
1 tsp olive oil

405 kcal 33g Carbs 11g Fat 46g Protein



Spinach Balls

1 cup spinach, chopped
1/4 cup cottage cheese
2 tbsp almonds, minced
2 tbsp buckwheat groats (or other groats of choice)
Salt and pepper to taste

253 kcal 28g Carbs 11g Fat 14g Protein



Fish, asparagus and chickpeas

4 oz whitefish
1/2 cup garbanzo beans (to serve)
1 cup asparagus
Fresh minced parsley (to serve)
Fresh ground black pepper
Squeeze fresh lemon

426 kcal 49g Carbs 11g Fat 35g Protein



Fish, brown rice & asparagus

3 oz whitefish
1/2 cup brown rice
1 cup asparagus
Minced green onion
Sriracha

426 kcal 49g Carbs 11g Fat 35g Protein

LUNCH & DINNER OPTIONS



Stuffed Bell Peppers

2 yellow bell peppers, baked
¼ cup cottage cheese
1 tbsp almonds
2 tbsp buckwheat groats (or brown rice)
1 tsp olive oil
Salt and pepper to taste

405 kcal 33g Carbs 11g Fat 46g Protein



Chicken Asparagus Avocado Salad

115g grilled chicken breast
1 cup asparagus
½ cup avocado, sliced
Fresh minced cilantro
Chili powder
Squeeze of fresh lime

450 kcal • 39g Carbs • 15g Fat • 46g Protein



Asparagus Cheese Salad

½ tomato, chopped
¼ red bell pepper, chopped
¼ cucumber
¼ cup Feta cheese
2 asparagus spears, chopped
1 slice whole grain bread

211 kcal 19g Carbs 4g Fat 26g Protein



Egg Salad

1 hard-boiled egg
½ cup low fat crumbled feta
1 tomato, chopped
½ bell pepper, chopped
1 cup lettuce, torn
1 cucumber, sliced
1/3 cup cooked brown rice

405 kcal 33g Carbs 11g Fat 46g Protein

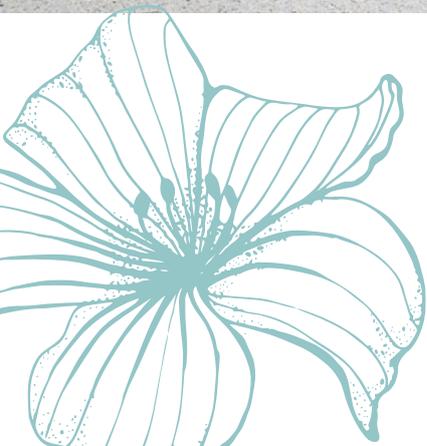
LAUREN SIMPSON

— fitness —



SAS2.0

AT HOME WORKOUTS



*For the days you cannot
get to the gym!*

HEY SAS-SY LADIES!

I know there a few of you lucky girls that will be holidaying at some stage throughout the challenge, so I have put together a few workouts as a free add on to make sure you don't miss out on getting a bit sweaty! These require minimal equipment so you can complete no matter where you are in the world!

This guide includes the following:

1. At home upper body workout
2. At home lower body workout
3. At home core workout
4. At home HIIT circuit
5. 4 at home/ outdoor cardio workouts

I love training while I'm on holidays for the following reasons:

- I don't need to rush - I have no time schedule so I can train whenever it suits me and I can be in the gym for as long as I want
- I get the chance to try new gyms - When I'm planning a holiday, I spend way too much time searching for all the gyms in the area I'm staying. I love checking out new gyms, seeing what facilities they have and meeting the people that train or work there!
- It gets me out of my comfort zone - whether it's going on hikes, or training with minimal equipment, training away from home always pushes me to get out of my comfort zone by trying new exercises or training methods.
- Gives me extra energy - sometimes I find that all that poolside relaxing can make me a little lethargic, so I grab my OxyShred (yes I take this on holiday with me) and hit the hotel gym or just get moving and this gives me a boost of energy that normally keeps me pumped all the way through the day's adventures!

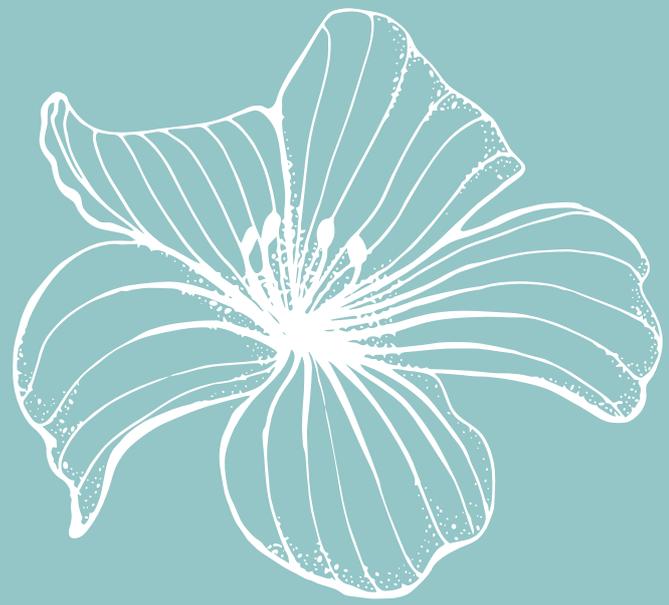
HOW TO USE THIS GUIDE

- You can simply choose one of the workouts from within this guide and complete it from start to finish (don't forget your warm up and cool down!). This will leave you with plenty of time for activities throughout the day.
- If you would prefer to do a more intense workout, you can combine your upper or lower body workout with a core, HIIT or cardio session. This will be a more intense workout that will leave you sweating!
- Simply complete a stand alone HIIT or cardio session

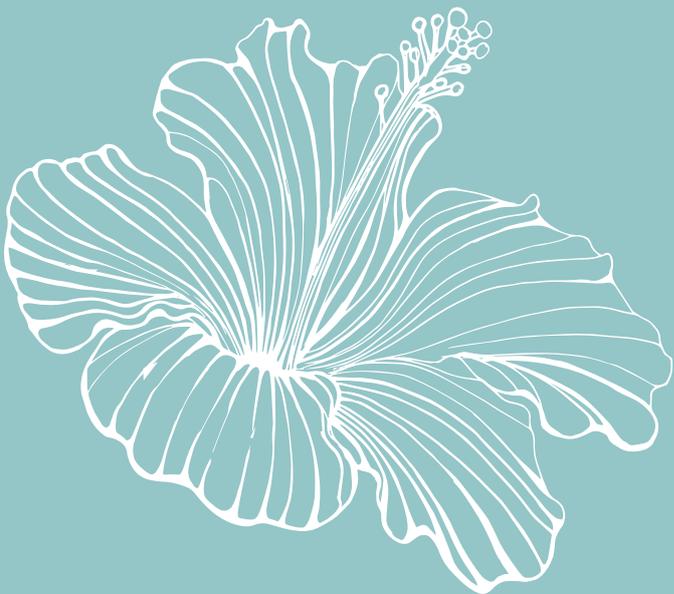
Remember ladies that we are improving our lifestyles **LONG TERM** not just for the challenge, and holidays are a part of life! So take look at this an an opportunity to learn how to enjoy a balanced and relaxing getaway!!

TIPS: You can replace dumbbells/kettlebells with filled up water bottles! You will also need a [booty band](#) for these workouts.





**The body
achieves what the
mind believes**

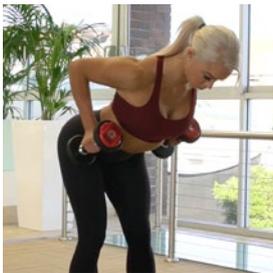


UPPER BODY AT HOME

DB = DUMBBELL
KB = KETTLEBELL

SUPERSET ONE.

DB BENT OVER ROWS
SETS: 3-5 REPS: 10-15



INCLINE PLYO PUSH UPS

SETS: 3-5 REPS: 20



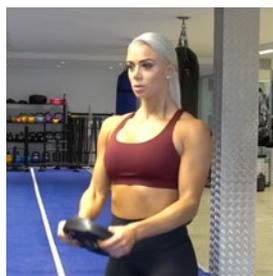
REST: 60 SEC
REPEAT

SUPERSET TWO.

MOUNTAIN CLIMBERS
SETS: 3-5 REPS: 30



PLATE CURL TO
OVERHEAD PRESS
SETS: 3-5 REPS: 10-15



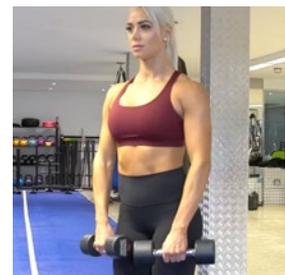
REST: 60 SEC
REPEAT

SUPERSET THREE.

DB FLYES
SETS: 3-5 REPS: 10-15



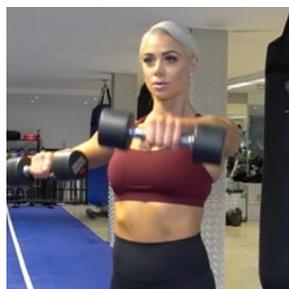
UPRIGHT DB
ROW
SETS: 3-5 REPS: 10-15



REST: 60 SEC
REPEAT

SUPERSET FOUR.

DB FRONT RAISE TO
LATERAL RAISE
SETS: 3-5 REPS: 10-15



PUSH UPS HOLD WITH
SHOULDER TOUCH
SETS: 3-5 REPS: 10-15



SA2.0 GLUTE WARM UP



Warm up is to be completed as a circuit of three exercises. After completing one circuit of all three exercises, take a 60 second break and repeat.

1. PULSE SQUATS (BOOTY BAND)

20 REPS x 2 SETS
REST TIME: 0



Place the booty band slightly above your knees and pulse slightly up and down from the bottom position where you would normally stop your squat. Ensure you are pulsing above and below parallel. Keep weight in the base of your big toe AND your heel when pulsing.

2. BOOTY BAND STEP OUTS

20 REPS x 2 SETS
REST TIME: 0



Hold a half squat position and step out as far as possible, keeping all the weight in your other leg. Repeat for the opposite leg keeping as much tension on the band the whole time. The wider your steps, the harder this is.

3. BOOTY BAND KICKBACKS

20 REPS x 2 SETS
REST TIME: 60



Wrap the resistance band around both ankles. Slightly bend over and hold on to the frame for balance. Kick one leg back high with a straight leg. Pause at the top for 1 second and squeeze your glutes. Return to the starting position and repeat for the same leg.



LOWER BODY AT HOME

DB = DUMBBELL
KB = KETTLEBELL

SUPERSET ONE.

BOOTY BAND HIP THRUST
SETS: 3-5 REPS: 12-15



SUPERSET TWO.

DB ROMANIAN DEADLIFTS
SETS: 3-5 REPS: 12-15



SUPERSET THREE.

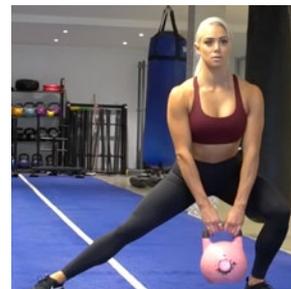
DB STEP UPS
SETS: 3-5 REPS: 12 EACH LEG



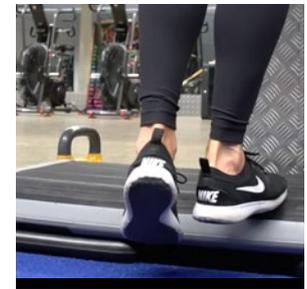
FRONT FOOT ELEVATED
SPLIT SQUAT
SETS: 3-5 REPS: 12 EACH LEG



KB SIDE TO
SIDE LUNGES
SETS: 3-5 REPS: 12 EACH LEG



ECCENTRIC CALF
RAISES
SETS: 3-5 REPS: 12 EACH LEG



REST: 60 SEC
REPEAT

REST: 60 SEC
REPEAT

REST: 60 SEC
REPEAT

SET FOUR.
STIFF LEG DB DEADLIFT
PULSES
SETS: 3-5 REPS: 20



WORKOUT CONTINUED
ON NEXT PAGE

LOWER BODY AT HOME

SUPERSET FIVE: GLUTE CIRCUIT

5A. BACKWARDS DUCK WALK (BOOTY BAND)

20 STEPS x 3-5 SETS
REST TIME: 0



5B. SIDE LYING ABDUCTION (BOOTY BAND)

15 EACH LEG x 3-5 SETS
REST TIME: 0



5C. PULSE SQUATS (BOOTY BAND)

30 REPS x 3-5 SETS
REST TIME: 0



5D. SEATED ABDUCTION (BOOTY BAND)

20 REPS x 3-5 SETS
REST TIME: 60



CORE AT HOME CIRCUIT

DB = DUMBBELL
KB = KETTLEBELL

1. BENCH KNEE TUCKS

20 REPS x 3 SETS
REST TIME: 0



2. SIDE PLANK LEG RAISE (RIGHT)

20 REPS x 3 SETS
REST TIME: 0



3. RENEGADE ROWS

20 REPS x 3 SETS
REST TIME: 0



4. SIDE PLANK LEG RAISE (LEFT)

20 REPS x 3 SETS
REST TIME: 0



5. PLANK TOE TAPS (BOOTY BAND)

20 REPS x 3 SETS
REST TIME: 60



Don't forget to take your booty bands on holiday with you!
[YOU CAN CHECK MINE OUT HERE!](#)

HIIT AT HOME CIRCUIT

COMPLETE ALL EXERCISES BEFORE TAKING A 60 SECOND REST
Don't forget to take your booty bands on holiday with you!

1. BURPEES

20 REPS x 3-5 SETS
REST TIME: 0



2. BENCH TRICEP DIPS

20 REPS x 3-5 SETS
REST TIME: 0



3. LUNGE JUMPS

20 STEPS x 3-5 SETS
REST TIME: 0



4. BENCH KNEE TUCKS

20 REPS x 3-5 SETS
REST TIME: 0



5. STIFF LEG DEADLIFT PULSES

10 REPS x 3-5 SETS
REST TIME: 0



6. STRAIGHT LEG JACKKNIFES

20 REPS x 3-5 SETS
REST TIME: 0



7. SQUAT JUMPS (BOOTY BAND)

20 REPS x 3-5 SETS
REST TIME: 0



8. PLANK SINGLE LEG LIFTS

20 REPS x 3-5 SETS
REST TIME: 60



CARDIO AT HOME

WORKOUT OPTIONS

OPTION ONE CIRCUIT

1. SKIPPING/JUMP ROPE

45 REPS x 3 SETS
REST TIME: 15 SECS



2. SPEED SKATERS

45 REPS x 3 SETS
REST TIME: 15 SECS



3. BODYWEIGHT SQUATS

45 REPS x 3 SETS
REST TIME: 15 SECS



4. STEP UPS

45 REPS x 3 SETS
REST TIME: 15 SECS



5. IN & OUT SQUAT JUMPS

45 REPS x 3 SETS
REST TIME: 15 SECS



6. WALKING LUNGES

45 REPS x 3 SETS
REST TIME: 60 SECS



NOTE! To feel an extra burn, you can wear my Booty Bands for the speed skaters, body weight squats, in & out squat jump and walking lunges!



CARDIO AT HOME

WORKOUT OPTIONS

OPTION TWO - RUN/WALK INTERVALS

Alternate between walking and running

1. WALK

REPS: 1 MIN
REST TIME: 0

SETS: 10

2. JOG/RUN

REPS: 1MIN
REST TIME: 0

SETS: 10



OPTION THREE - BIKE INTERVALS

Alternate between easy riding and sprint/hard pedalling

1. EASY RIDING

REPS: 1 MIN
REST TIME: 0

SETS: 10

2. SPRINT

REPS: 1MIN
REST TIME: 0

SETS: 10



Pedal as fast as possible on the bike for 30 seconds, then pedal slowly for 30 seconds of active rest between sets, don't sit still! Repeat for the required amount of time.



CARDIO AT HOME

WORKOUT OPTIONS

OPTION FOUR - STAIRS

1. RUNNING

60 SECONDS x 3 SETS
REST TIME: 60 SECS

2. IN & OUT SQUAT JUMPS

60 SECONDS x 3 SETS
REST TIME: 60 SECS

3. SQUAT JUMPS (BOOTY BAND)

60 SECONDS x 3 SETS
REST TIME: 60 SECS

4. LUNGE TO KICK BACK (BOOTY BAND)

60 SECONDS x 3 SETS
REST TIME: 60 SECS

NOTE! To feel an extra burn, you can wear my Booty Bands for the in & out squat jumps, the squat jumps and the lunge to kickbacks!



EXERCISE INSTRUCTIONS

UPPER BODY

DB Bent Over Rows: Hold dumbbells with a neutral grip. Keep your elbows close in to your sides like a t-rex as you pull the dumbbells up. Squeeze your shoulder blades together at the top for 2 seconds.

Incline Plyo Push Ups: Using a bench, slowly lower down into a push up. Explosively push back up so that your hands come off the bench. Repeat as fast as possible. Use your knees if this is too difficult.

Plate Curl to Overhead Press: Holding the plate either side, curl the plate up, rotate your palms as it reaches your chest, then press up towards the ceiling.

Mountain Climbers: Begin in the push up position, lift one leg, bend it whilst you drive your knee up towards your chest. Extend this leg back to the starting position and then repeat on the other side.

DB Flyes: Lye down on a flat surface, such as a bench, holding a dumbbell in each hand. Raise your arms straight up in front of your chest, palms facing inwards. Whilst maintaining a soft bend in the elbows lower both arms outwards and towards the floor, stopping when they are level with your shoulders. Raise the dumbbells back up to the starting position.

Upright DB Row: Avoid using momentum and shrugging your shoulders. Hold the dumbbells with an overhand grip, hands shoulder width. Lift them up until your hands are inline with shoulders. Squeeze and hold for 1 second before slowly lowering.

DB Front Raise to Lateral Raise: Hold dumbbells in each hand. Slowly raise one dumbbell in front of you and the other up to the side until parallel to the floor. Keep a slight bend in your elbows. Pause at the top for 2 seconds before slowly lowering and switching sides.

Push Ups Hold with Shoulder Touch: Support your weight on your hands and feet (or knees if this is too difficult). Lift 1 arm and touch your opposite shoulder, focusing on not allowing your hips to drop and keeping your core engaged. Come back to the starting position before repeating for the opposite side.

LOWER BODY

Pulse Squats (Booty Band): Place the booty band slightly above your knees and pulse slightly up and down from the bottom position where you would normally stop your squat. Ensure you are pulsing above and below parallel. Keep weight in the base of your big toe AND your heel when pulsing.

Booty Band Step Outs: Hold a half squat position and step out as far as possible, keeping all the weight in your other leg. Repeat for the opposite leg keeping as much tension on the band the whole time. The wider your steps, the harder this is.

Booty Band Kickbacks: Wrap the resistance band around both ankles. Slightly bend over and hold on to the frame for balance. Kick one leg back high with a straight leg. Pause at the top for 1 second and squeeze your glutes. Return to the starting position and repeat for the same leg.

EXERCISE INSTRUCTIONS

Seated Abduction (Booty Band): Sit on the edge of a bench and loop your booty band around your knees. Place your hands by your sides on the edge of the bench and maintain a strong core and good posture. Push your knees outwards as far as you can, pause and then return them to the starting position. Keep your feet firmly planted on the floor throughout.

Front foot Elevated Split Squat: Put one foot up in front of you on a bench (or step) and drop down like a squat and back up. Pause at the bottom of the movement for 1 second. Drive back to the starting position by pressing through your front heel.

Booty Band Hip Thrust: Lie with your back propped up against a bench and knees bent supporting your weight. Place the band around your knees. Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling. Pause at the top for 2 seconds before completing another repetition.

DB Romanian Deadlifts: Neutral stance holding the dumbbells. Drive hips and glutes back as you bend over. Thrust your hips forward as you come back up and squeeze your glutes at the top. Do not completely lock out legs.

KB Side to Side Lunges: Hold a kettlebell or dumbbell against your chest. Lunge down to one side, then without coming up move across to the other leg - this is 1 rep. Pause at each side for 1-2 seconds and squeeze your glutes.

DB Step Ups: Set up a step or bench (the higher this is the more glute activation). Step up with one leg by driving up with the heel of the raised leg. Alternate the leg you step up with each rep. As this gets easier, increase the weight of the dumbbells.

Eccentric Calf Raises: To begin with, try with just your bodyweight. At the top when you take the second leg off, pause for a second and then slowly lower making sure you're controlling the whole way with your calf. Don't just let it drop, your goal is to slowly lower each rep. If you are finding these easy, hold a DB in one hand and use your other hand to balance with the wall.

Stiff Leg DB Deadlift Pulses: Think about shaving your legs with the dumbbells. Pulse from just below your knees to mid-thigh height. Keep the weight in your heels, and control the pulses through your hips and glutes. Do not completely lock out legs.

Backwards Duck Walk (Booty Band): Wrap the resistance band just above your ankles. Squat down until parallel keeping your knees out against the band. Take small steps backwards, ensuring constant tension on the band and your glutes are always engaged. Don't stand up between reps!

Side Lying Abduction (Booty Band): With the booty band around your ankles, lie on your side on a mat/floor with your feet in a neutral position and lower arm placed under head for support. Raise the upper leg to 45 degrees to the lower leg, while keeping your knee straight. You should feel the tension in your glutes and oblique muscles. Return your leg to the starting position. Complete the repetitions and repeat with the opposite leg.

Pulse Squats (Booty Band): Place the booty band slightly above your knees and pulse slightly up and down from the bottom position where you would normally stop your squat. Ensure you are pulsing above and below parallel. Keep weight in the base of your big toe AND your heel when pulsing.

EXERCISE INSTRUCTIONS

CORE

Bench Knee Tucks: Chest and feet up with straight legs. Hold the bench with both hands. Draw your knees towards your chest, then lower your chest and legs back to the start and repeat.

Side Plank Leg Raise (right): Hold a steady side plank shape while raising your top leg. The slower you raise your leg, the more it will work your glutes and core. Stay side on, don't allow your hips to twist. Repeat for the same number of reps on the opposite side.

Renegade Rows: Start in push ups position, holding a dumbbell in each hand. Lift the weight up towards your shoulder in a rowing action, then place it back down. Repeat on the other side.

Side Plank Leg Raise (left): Hold a steady side plank shape while raising your top leg. The slower you raise your leg, the more it will work your glutes and core. Stay side on, don't allow your hips to twist. Repeat for the same number of reps on the opposite side.

Plank Toe Taps (booty band): Start in a push up position, lift one leg and reach it out to the side. Tap the ground with your toe, then lift it back up and bring back to the centre. Repeat on the other side. Ensure the core is braced and the body is stable throughout.

HIIT

Burpees: Start with your feet shoulder width apart. Lower into a squat position with your hands on the floor in front of you. Kick your legs backwards and do 1 push up. Throw your legs forward into the squat position. Jump up as high as you can with your hands over your head.

Bench Tricep Dips: Lower until your arms are at 90-degrees. Focus on using your triceps to lift and avoid using your hips to lift. As you get stronger, straighten your legs to make this harder

Lunge Jumps: Lower yourself down into a lunge position. Push out of the balls of your feet and explosively jump up as high as you can. Switch your feet in the air, and when your feet touch the floor, immediately repeat.

Bench Knee Tucks: Chest and feet up with straight legs. Hold the bench with both hands. Draw your knees towards your chest, then lower your chest and legs back to the start and repeat.

Stiff Leg Deadlift Pulses: Think about shaving your legs with the dumbbells. Pulse from just below your knees to mid-thigh height. Keep the weight in your heels, and control the pulses through your hips and glutes. Do not completely lock out legs.

Straight Leg Jackknives: Lie on your back with your legs straight and your arms extended over your head. Simultaneously lift your arms and legs upwards, so you are balanced on your sitting bone (creating a v-shape).

Squat Jumps (Booty Band): Wrap the booty band just above your knees, and make sure you keep resistance against the band the entire time. Jump up as high and explosively as you can. When your feet touch the floor, immediately squat down and repeat.

EXERCISE INSTRUCTIONS

Plank Single Leg Lifts: Start from a strong plank shape each rep. Lift your leg as high as you can without twisting your hips, and alternate legs each time. If you start to find this easy, straighten your arms while performing each rep.

CARDIO/HIIT

CIRCUIT

Skipping/Jump Rope: Using a skipping rope, skip as fast as possible for the entire interval. If this is too easy, perform double unders.

Speed Skaters: From a normal standing position take a large step out to the right side, landing on that leg and allowing your free leg to sweep out behind your right leg, without taking any of your bodyweight. Swing your left leg in the left direction and take a large step (or hop) to the left, landing on your left leg and letting your right leg sweep behind your left. This is one rep.

Bodyweight Squats: Feet slightly wider than shoulder width apart. When you are squatting down, keep your knees in line with your middle toe. Squat down until parallel. Keep your chest tall and squeeze your glutes at the bottom of each rep.

Step Ups: Set up a step or bench (the higher this is the more glute activation). Step up with one leg by driving up with the heel of the raised leg. Alternate the leg you step up with each rep. Body weight to start, then try holding dumbbells.

In & Out Squat Jumps: Stand with your feet together, bend at the knees and slightly flex the hips, jump your feet apart. As you land, bend your knees and jump your feet back together. This is one rep.

Walking Lunges: Take a long step forward with your left leg into a lunge and drop the back knee towards the ground. Make sure your front knee does not move past your toes. Drive out of your front heel to stand up and bring your back leg forwards. Alternate legs each step.

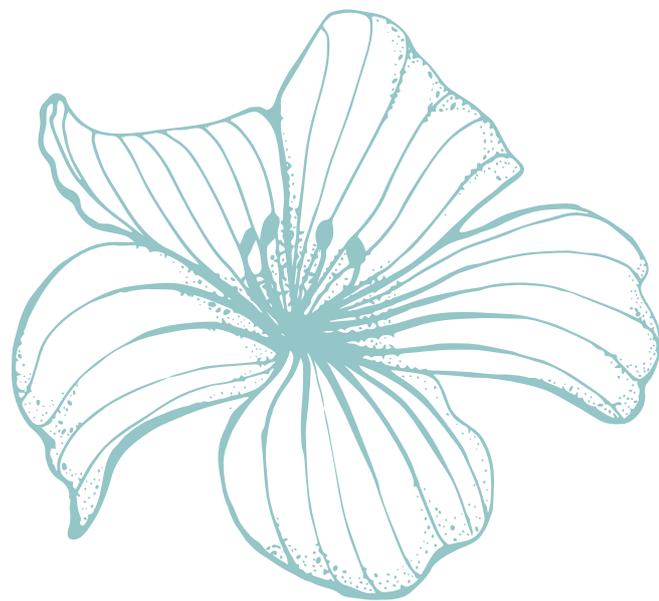
STAIRS

Running: Run up the stairs as quickly as you are able and walk or run back down to the base.

In & Out Squat Jumps: Stand with your feet together, bend at the knees and slightly flex the hips, jump your feet apart. As you land, bend your knees and jump your feet back together. This is one rep.

Squat Jumps (Booty Band): Wrap the booty band just above your knees, and make sure you keep resistance against the band the entire time. Jump up as high and explosively as you can. When your feet touch the floor, immediately squat down and repeat.

Lunge to Kick Back (Booty Band): Make sure your front knee does not move past your toes. Drive out of your front heel to stand up, and kick your back leg straight back. Focus on engaging your glutes and keeping all of the weight in your front leg. Complete all reps with 1 leg before switching sides.



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one workout away
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LAUREN SIMPSON

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LSF 4 WEEK BOOTY INTENSIVE



CONTENTS

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2. WHAT ARE THE GLUTES
3. INJURY PREVENTION
 - REST
 - ACTIVE RECOVERY
 - FOAM ROLLING
 - NUTRITION
4. GETTING THE MOST OUT OF YOUR GLUTE SESSIONS
5. 4 WEEK PROGRAM

'We all start somewhere. Even your biggest idols started their journey as beginners.'



INTRODUCTION

One of the most talked about features of our bodies right now is undoubtedly the booty! Call it whatever you may; booty, backside, buns, peach, tush - females all over the world are going crazy for a rounder, fuller and stronger booty. While a majority of the population are not genetically blessed in this department (I am one of them!!!), I can assure you that there is still hope!

My Booty Intensive will help you to increase glute activation, strength and size. I have designed this e-book to give you an insight into how I train and the workouts are based on training methods I like to use; these are the methods that have helped me grow my peach!

Before my girls became a part of the LSF family, they would spend hours and hours doing cardio to lose weight each week, whilst simultaneously trying to grow a booty along the way! I have shown them how this can sabotage progress! You have to nourish your body, train (and eat accordingly) to build muscle and hit it from all angles to really create full, round glutes. Cardio or body weight exercise alone are not the answer!

My 4 week Booty Intensive incorporates all of the most effective lower body exercises, programmed specifically to stimulate maximum glute growth. 'To complete this program you will need gym access and a set of resistance bands, [click here](#) to check out my booty band kit!

THE PURPOSE OF THIS PROGRAM:

1. Increase glute activation and mind muscle connection
2. Increase glute strength
3. Increase tone and shape in the glutes and surrounding muscle groups
4. Invigorate and challenge your lower body training
5. Educate you on the key concepts surrounding targeted glute training

WHAT EXACTLY ARE THE GLUTES?

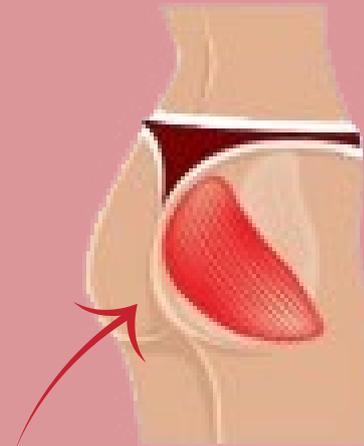
The scientific name for your booty is gluteus and it is potentially the strongest muscle in the body. The gluteus is made up of three muscles and covered by a layer of fat, just under the skin.

The 3 gluteal muscles you need to know are:

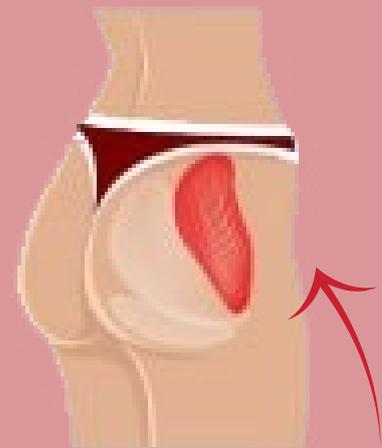
- 1) Gluteus maximus
- 2) Gluteus medius
- 3) Gluteus minimus

The gluteal muscle group forms a strong foundation for our bodies, as it's connected to your upper body, core and lower body. They enable you to perform almost all movements at your hip and leg joint. The gluteus maximus controls the forward/backward motion of your pelvis, whereas the medius controls the sideways motion.

The gluteus muscles are not only important to our body composition and aesthetics but they are the major muscles used in many everyday and athletic activities. Used to abduct, extend and externally rotate the hips, this makes them the key driver for many power-dominant movements, such as sprinting. While exercises like squats and deadlifts will be sure to hit your gluteus maximus, we also need to strengthen the smaller, stabilisers by performing isolation exercises such as the glute bridge. Gaining strength in your medius and minimus will increase muscle activation and your range of motion through your hips. This is crucial to being able to lift heavy, avoid injury and it helps shape a well-proportioned booty!



GLUTEUS MAXIMUS



GLUTEUS MEDIUS



GLUTEUS MINIMUS



BOOTIES COME IN SO MANY DIFFERENT SHAPES AND SIZES

While a lot of girls (me included) aren't genetically blessed with a perky behind, the good news is, the gluteals are muscles - this means...



YOU CAN BUILD THEM!

Muscle grows from resistance training, so forget about doing endless hours of cardio. In this four week program, I will be progressively overloading your glutes with my favourite, most effective exercises.



**Forget about doing
endless hours of cardio!**

INJURY PREVENTION

Building up your glute muscles goes hand in hand with leg training, so you will also notice your quadriceps and hamstrings becoming leaner, more toned and shapely. It's also important to ensure that you train the body evenly, so imbalances do not occur, as these can lead to injury. In order to create muscular gains we need to put our muscles under stress, creating micro tears. It is in the recovery process after these tears have formed that muscle growth occurs. This means that adequate rest and recovery strategies are of the utmost importance when aiming to grow your glutes. Injuries can be a huge physical and mental set back, so I want to pass on my best strategies to keep you injury free.

1. THE IMPORTANCE OF REST

The importance of rest is often ignored which can lead to overtraining and therefore diminished results! Rest provides your muscles with a chance to repair broken down tissue and rebuild stronger than before! When scheduling your Booty Intensive workouts, make sure you have at least one day in between the next one, this is why I have programmed them for days 1, 3 and 5. However, you can perform the Activator Exercises daily if you feel fresh and capable. It is also important to prioritise sleep when you are stepping up your training game. The majority of our muscle growth and repair occurs while we are sleeping. So sticking to a sensible bedtime each night and getting an adequate amount of Zzz's (around 6-8 hours, but some people need more!) is crucial for continued progression in the gym.

2. ACTIVE RECOVERY

It is important to note that there is a difference between having a day off training (and lounging around all day) and Active Recovery. Active Recovery refers to having an active rest day where you take a break from your resistance and cardio training, but still get your body moving. Active Recovery can actually help you bounce back after those hard training sessions and decrease muscle soreness. Personally, I love to walk my dog, Fynn, I find this a great way to de-stress and have some me time.

ACTIVE RECOVERY IDEAS:

- Yoga class, or practise at home
- Walk outside (even better when used to catch up with a friend!)
 - Dance class (or in your living room!)
 - Swim at the pool or in the ocean
 - Take a scenic bike ride
- Do an extended foam rolling and stretching session



3. FOAM ROLLING

My Booty Intensive workouts are designed to challenge you, and let's be honest we all love to feel that burn. But it does have a down side - muscle soreness and stiffness! This is where the foam roller can be your best friend (and worst enemy- it can be painful)! Foam rolling is a really effective and affordable form of self-massage. Spending a few minutes foam rolling prior to your training session can increase fluidity through your joints and range of motion, meaning you can get more out of your lifts. Following up your workout with at least 10 minutes of foam rolling can cut down on your recovery time and increase flexibility. Both of which will make you more productive throughout your sessions and help you to improve more quickly. Make sure you leave a 48 hour period between foam rolling the same area.

MY TIPS FOR FOAM ROLLING:

1. Use the foam roller on your glutes, hamstrings, calves, quads, upper back, lats and pecs.
2. Take your time! Spend around 1-3 minutes per muscle, moving slowly along the length of the limb.
3. Foam rolling can be painful, so move slowly and if you are feeling too much pain roll around the sensitive area rather than over it.
4. Remember foam rolling will not cure muscle soreness, or guarantee injury prevention. If you are feeling continued pain in a particular area, seek medical advice.
5. Use a ball: a great way to release tension in tight muscles, especially the hip flexors, glutes, upper back, pectorals, neck and soles of the feet (great for cramps or lower leg/foot pain).



Make sure you leave a 48 hour period between foamrolling the same area.

NUTRITION

This topic is so important to me - I used to feel I shouldn't eat until I was satisfied, or even eat at all, until I had done excessive amounts of cardio. Through trial and error, I have learned just how wrong I was! If you don't fuel your body adequately, your muscles won't be repaired after your workouts! This means that even if your goal is fat loss, you will still need adequate fuel to support the repair of the muscles you already have. I cannot express how important your nutrition is when improving your physique!

KEY NUTRITION TIPS FOR BOOTY GROWTH:

1. Fuel your body for growth! This means consuming adequate Calories to maintain the muscle you already have, or a few extra Calories to support muscle growth.
2. Dial in your pre- and post-workout nutrition - make sure you are organised and have your meals prepped, so you don't hinder your recovery and muscle repair just by not having your supps or meal handy!
3. Remember, your nutrition is a work in progress, you have endless opportunities to improve it. Every single meal is a chance to fuel your body for success. If you have a nutritionally poor meal, snack or even a whole day, you have the opportunity to improve tomorrow!
4. Follow a plan, this way you will be more likely to eat based on your goals, rather than be at the mercy of spur of the moment decisions. If you feel you have a little to learn, I can **create a meal plan** for you that suits your goals and guides you towards nutrition for a healthier lifestyle.



GETTING THE MOST OUT OF YOUR GLUTE SESSIONS



MIND-MUSCLE CONNECTION & GLUTE ACTIVATION:

One of the biggest challenges for glute development is activating the muscles sufficiently. The more time we spend sitting, the harder it is to engage our glutes, making training less effective. Movement is controlled by the brain, this means working to improve the mind-muscle connection is crucial when it comes to weight training. It is such an important tool when using ANY muscle group as it helps to maximise contraction with every rep.

If you are distracted during your workouts, it could result in loss or ineffective mind muscle connection (MMC). Keep your focus on feeling the muscle and visualising its contraction with every rep! Developing a strong mind muscle connection with your glutes can take time and focus, but I can assure you if you are persistent with it, it will pay off! Just imagine how much further ahead you'll be in 6 months time if you had really made the most of MMC during this period of time! In order to optimise glute activation and MMC, I have included **glute warm exercises; these should be completed before each glute session** and can also be performed on your non-glute training days. When performing these exercises, think about contracting your glutes with each rep.

WARM UP AND COOL DOWN

Warm ups and cool downs are critical components of your workout plan, and can help you achieve more during each training session. Warming up your glutes is necessary for maximum activation and increases blood flow to the area. Warming up and cooling down also assists in the prevention of injuries.



WARM UP:

Never just jump into your working sets. Warm up with some light cardio such as walking on a treadmill or exercise bike for 5-10 minutes before you workout. Incorporate a few minutes of foam rolling to loosen your joints and increase mobility/ movement. To make sure your glutes are activated, complete the *Booty Intensive Activation Exercises* before each training session. Warmer, activated muscles are more efficient, more resilient and more powerful



COOL DOWN

Light walk on the treadmill for 5 min before stretching/foam rolling for at least 10 minutes.



If you are distracted during your workouts, it could result in loss or ineffective mind muscle connection (MMC). Keep your focus on feeling the muscle and visualising its contraction with every rep!

BOOTY TRAINING ESSENTIALS

To reach your maximum potential, it is important to keep track of the weights you are using each session and increase them weekly or when you are reaching the desired rep range without fatiguing. For example, if you are able to do the prescribed 12 reps of squats without a struggle then this is a sign that you need to be putting more weight on the bar. As our bodies adapt to exercises, progressive overload means that you increase the load to maximise the intensity of your workouts and to further challenge your muscles.

Ensure when you commence week 1 of Booty Intensive you are using lighter weights so that you can master the technique of each exercise. You should learn to perform exercises with stability, control and the full range of motion with each repetition before increasing your weight. Remember form is number one priority! Do not increase the load if it is detrimental to your form.

If your glutes are sufficiently activated during your workout, you will feel them burn like crazy! Don't worry, that's all part of the plan! Keep pushing out those extra few reps, once you start to feel that burn, as these are the ones that will help to build and sculpt your booty the most.

When doing isolated exercises for your glutes **it isn't always necessary to go heavy**. By focussing on correct technique, form and range of movement combined with a pause at the end of the rep, you will experience maximum activation.

Also consider:

- Lower weights and more reps to take stress of your joints
- Train around your pain e.g. avoid deep squats and impact if your knees are aching
- Use perfect form to make sure that you don't make your issues worse
- Use a lower volume for achy and painful body parts
- Rest the affected area while training the rest of your body as normal

Most training-related aches and pains will soon disappear. However, if you experience more serious or long-lasting pain, make sure you get it checked by a medical professional, resting until you have been given the all clear.

KEY TRAINING TIPS

- 1. GET YOUR WEIGHT RIGHT** - take the time in week 1 to dial in your weights. If you can perform the specified reps with ease, increase your weight. However make sure you are not sacrificing technique for the increases in resistance! (This concept also applies to the strength of your resistance band).
- 2. LISTEN TO YOUR BODY** - if you are feeling joint pain, excessive muscle soreness or severely lacking energy, this could be a sign that you're training too much. It could also be your body warning you that you are at risk of injury. Take a rest day, dial your training back a notch or find alternatives to the exercises causing you pain. If your issues persist for more than a week, seek the guidance of the relative professional.
- 3. COMPLETE YOUR REPS A LITTLE MORE SLOWLY** - this will increase time under tension (TUT) and intensity of the exercise at the same time.
- 4. BE CRITICAL OF YOUR TECHNIQUE** - glute training isn't just about lifting heavy. Sometimes the simplest exercises can be the hardest as they really isolate and activate your muscles. If you are progressing very quickly or not feeling the targeted muscles in the exercises, check your tech! Make sure your body is positioned correctly, and if you can't tell, film yourself, perform the exercise in front of the mirror or ask for some feedback from a pro!

4 WEEK INTENSIVE BOOTY PROGRAM



This is a 4 week Glute-focused training plan that will help you increase glute strength, activation and size! This program can suit different goals, including those looking for glute hypertrophy (or growth), glute activation and strength, a more hourglass figure, or just as inspiration to create more of a glute emphasis with your pre-existing program.

HOW TO USE MY INTENSIVE BOOTY PROGRAM

The way that I have structured this program allows you to adapt it to suit your needs, goals and experience level. For those that are new to my training methods remember to start light with your weights and to listen to your body as you progress through the workouts and weeks. If you feel the session becomes too intense, you always have the option to decrease resistance by:

1. Opting for a lighter weight
2. Opting for a lighter resistance band
3. Simply completing the exercises with bodyweight only
4. You can choose whether or not you wish to complete the Optional Finisher in each workout, based on your experience level, energy levels or progress.

Don't wish for it, work for it!
Now let's get started!



WARM UP AND ACTIVATIONS

Warm up is to be completed as a circuit of three exercises. After completing one circuit of all three exercises, take a 60 second break and repeat.

1. BOOTY BAND DONKEY KICKS

20 REPS x 3 SETS
REST TIME: 0



Get on your hands and knees with your wrists aligned under your shoulders and knees under hips. Lift your left leg parallel to the floor with your knee bent and foot flexed. Slowly return to the starting position and repeat for same side.

2. BOOTY BAND LATERAL WALKS

20 REPS x 3 SETS
REST TIME: 0



Wrap the resistance band just above your knees. Squat down until parallel keeping your knees out against the band. Take 10 small steps one way, then repeat in the opposite direction ensuring glutes are always engaged.
DON'T STAND UP BETWEEN REPS!

3. BOOTY BAND FIRE HYDRANT

20 REPS x 3 SETS
REST TIME: 60



Wrap the band just above your knees and position yourself on all fours. Keeping your core stable, lift one leg out to the side, maintaining the bend in the knee. Pause at the top and then retrace the leg to the starting position.

THIS IS 1 REP.



WEEK ONE

Let today be the start of
something new



DAY ONE

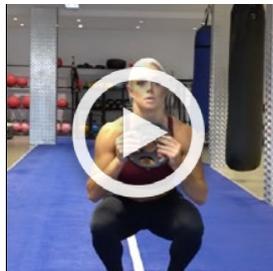
BB = BARBELL
DB = DUMBBELL
KB = KETTLEBELL

SUPERSET ONE.

BB HIP THRUST
SETS: 3 REPS: 12



IN OUT SQUAT JUMPS
HOLDING PLATE
SETS: 3 REPS: 30 SEC



REST: 60 SEC
REPEAT

SUPERSET TWO.

KB STIFF LEG DEADLIFT
SETS: 3 REPS: 12



REVERSE HYPER
ON BENCH
SETS: 3 REPS: 15



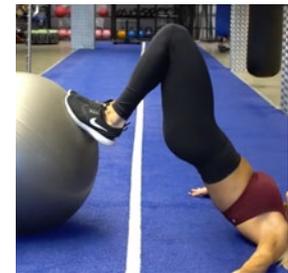
REST: 60 SEC
REPEAT

SUPERSET THREE.

KB SIDE TO SIDE LUNGES
SETS: 3 REPS: 12 EACH LEG



SWISS BALL
HAMSTRING CURLS
SETS: 3 REPS: 15

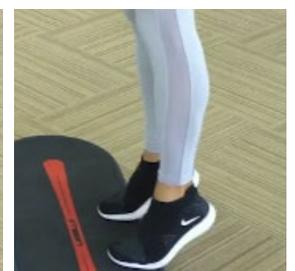


REST: 60 SEC
REPEAT

FINISHER

DB CALF RAISES

SETS: 3 REPS: 12
REST TIME: 60



DAY THREE

BB = BARBELL
DB = DUMBBELL
KB = KETTLEBELL

SUPERSET ONE.

BULGARIAN SPLIT SQUAT
SETS: 3 REPS: 12



SEATED ABDUCTION
(BOOTY BAND)
SETS: 3 REPS: 20



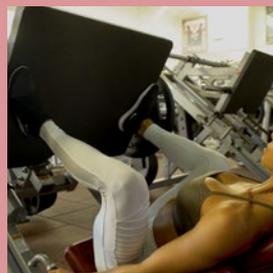
REST: 60 SEC
REPEAT

SUPERSET TWO.

MEDICINE BALL SLAMS
SETS: 3 REPS: 30 SEC



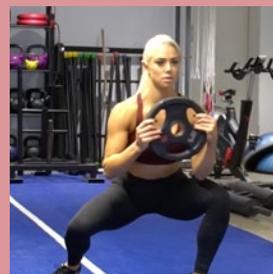
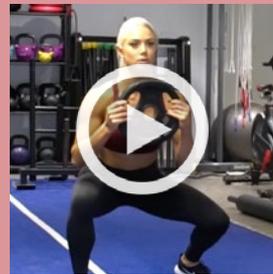
LEG PRESS
(WIDE STANCE)
SETS: 3 REPS: 12



REST: 60 SEC
REPEAT

SUPERSET THREE.

PLATED DUCK WALKS
SETS: 3 REPS: 20



STANDING CABLE
ABDUCTION
SETS: 3 REPS: 12



REST: 60 SEC
REPEAT

FINISHER

PLANK TOE TAPS (BOOTY BAND)
MAX REPS



DAY FIVE.

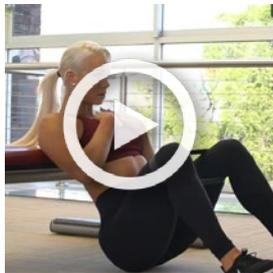
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DB = DUMBBELL
KB = KETTLEBELL

SUPERSET ONE.

KB STIFF LEG DEADLIFT
SETS: 3 REPS: 12



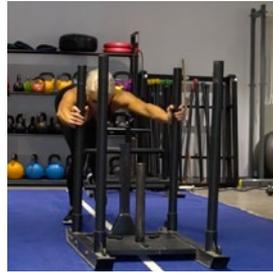
BOOTY BAND HIP
THRUSTS
SETS: 3 REPS: 20



REST: 60 SEC
REPEAT

SUPERSET TWO.

SLED PUSH (WIDE STEPS)
SETS: 3 REPS: 20



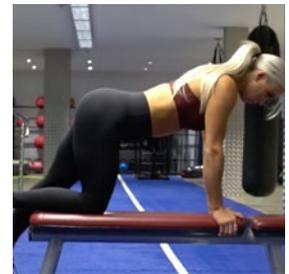
REVERSE DB
LUNGES
SETS: 3 REPS: 15



REST: 60 SEC
REPEAT

SUPERSET THREE.

BENCH KICKBACK
CROSSOVER
SETS: 3 REPS: 15 EACH LEG



SIDE LYING ABDUCTION
(BOOTY BAND)
SETS: 3 REPS: 15 EACH LEG



BOOTY BAND
SIDE KICKS
SETS: 3 REPS: 15 EACH LEG



OPTIONAL FINISHER

BATTLE ROPE
DOUBLE SLAMS

MAX REPS





WEEK TWO

Sweat now, shine later



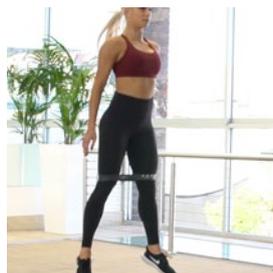
DAY ONE

BB = BARBELL
DB = DUMBBELL
KB = KETTLEBELL

SUPERSET ONE. BB HIP THRUST SETS: 4 REPS: 15



SQUAT JUMPS (BOOTY BAND) SETS: 5 REPS: 45 SEC



REST: 60 SEC
REPEAT

SUPERSET TWO. KB STIFF LEG DEADLIFT SETS: 3 REPS: 15

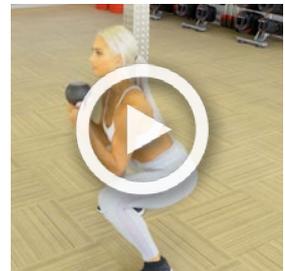


REVERSE HYPER ON BENCH SETS: 3 REPS: 20

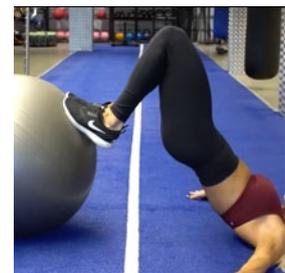


REST: 60 SEC
REPEAT

SUPERSET THREE. KB GOBLET SQUAT SETS: 3 REPS: 15



SWISS BALL HAMSTRING CURLS SETS: 3 REPS: 15



REST: 60 SEC
REPEAT

FINISHER

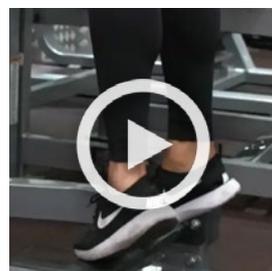
1. STANDING CALF RAISES (TOES IN)

SETS: 3 REPS: 12
REST TIME: 60 SECS

2. STANDING CALF RAISES (TOES OUT)

SETS: 3 REPS: 12
REST TIME: 60 SECS

1.



2.



DAY THREE

BB = BARBELL
DB = DUMBBELL
KB = KETTLEBELL

SUPERSET ONE.
BB BULGARIAN SPLIT
SQUAT
SETS: 4 REPS: 15



**ABDUCTOR MACHINE
(LEANING FORWARD)**
SETS: 14 REPS: 15



**REST: 60 SEC
REPEAT**

SUPERSET TWO.
LEG PRESS WIDE
STANCE
SETS: 3 REPS: 15



**MEDICINE BALL
SLAMS**
SETS: 3 REPS: 45 SECS



**REST: 60 SEC
REPEAT**

SUPERSET THREE.
BOOTY BAND
STEP OUTS
SETS: 3 REPS: 20



**STANDING CABLE
ABDUCTION**
SETS: 3 REPS: 15



**REST: 60 SEC
REPEAT**

FINISHER

PLANK TOE TAPS (BOOTY BAND)
MAX REPS



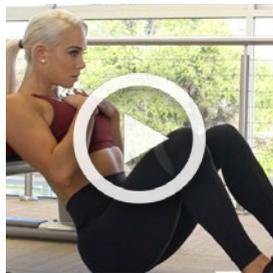
DAY FIVE.

BB = BARBELL
DB = DUMBBELL
KB = KETTLEBELL

SUPERSET ONE.
DEADLIFT
SETS: 4 REPS: 15



BOOTY BAND HIP THRUSTS + PULSES
SETS: 4 REPS: 15



REST: 60 SEC
REPEAT

OPTIONAL FINISHER

BATTLE ROPE
DOUBLE SLAMS

MAX REPS



SUPERSET TWO.
SPEED SKATERS
(BOOTY BAND OPTIONAL)
SETS: 3 REPS: 20



REVERSE DB LUNGES
SETS: 3 REPS: 15 LEG



REST: 60 SEC
REPEAT

SUPERSET THREE.
SIDE LYING ABDUCTION
(BOOTY BAND)
SETS: 3 REPS: 20 EACH LEG



BOOTY BAND SIDE KICKS
SETS: 3 REPS: 20 EACH LEG



BENCH KICKBACK
CROSSOVER
SETS: 3 REPS: 20 EACH LEG





WEEK THREE

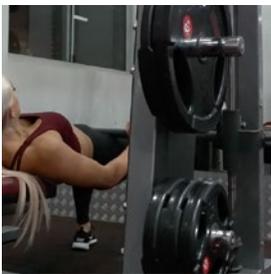
Hustle for that muscle



DAY ONE

BB = BARBELL
DB = DUMBBELL
KB = KETTLEBELL

SUPERSET ONE.
SMITH MACHINE
HIP THRUSTS
SETS: 4 REPS: 12



**SIDE PLANK
LEG RAISE**
SETS: 4 REPS: 15



REST: 60 SEC
REPEAT

SUPERSET TWO.
DB STEP UPS
SETS: 3 REPS: 12



**DB SUMO
PULSE SQUATS**
SETS: 3 REPS: 30 SECS

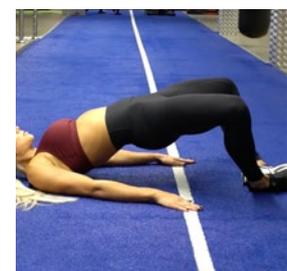


REST: 60 SEC
REPEAT

SUPERSET THREE.
ELEVATED KB
SUMO SQUAT
SETS: 3 REPS: 12



FROG PUMPS
SETS: 3 REPS: 15



REST: 60 SEC
REPEAT

1. BOOTY BAND CLAMS

SETS: 3 REPS: 20
REST TIME: 60 SECS

2. GOBLET SQUAT AND CALF RAISE

SETS: 3 REPS: 12
REST TIME: 60 SECS

1.



2.



DAY THREE

BB = BARBELL
DB = DUMBBELL
KB = KETTLEBELL

SUPERSET ONE.
SUMO DEADLIFT
SETS: 4 REPS: 15

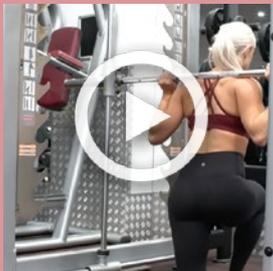


PLATE LUNGE TO
KICK BACK
SETS: 4 REPS: 15 EACH LEG



REST: 60 SEC
REPEAT

SUPERSET TWO.
SMITH MACHINE
CURTSY LUNGE
SETS: 3 REPS: 12 EACH LEG

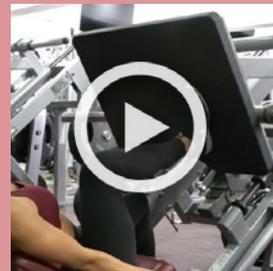


BACK
EXTENSION
SETS: 3 REPS: 15

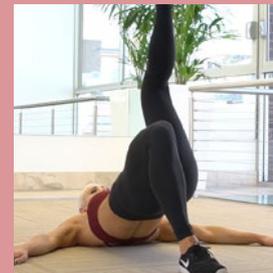


REST: 60 SEC
REPEAT

SUPERSET THREE.
SINGLE LEG
PRESS
SETS: 3 REPS: 12 EACH LEG



SINGLE LEG
GLUTE BRIDGE
SETS: 3 REPS: 15 EACH LEG



REST: 60 SEC
REPEAT

FINISHER

SWISS BALL HAMSTRING CURLS

SETS: 3 REPS: MAX
REST: 60 SECS



DAY FIVE

BB = BARBELL
DB = DUMBBELL
KB = KETTLEBELL

SUPERSET ONE.
DEADLIFT SQUAT
COMBO
SETS: 4 REPS: 12



BB HIP
THRUSTS
SETS: 4 REPS: 12



REST: 60 SEC
REPEAT

SUPERSET TWO.
GOOD
MORNINGS
SETS: 3 REPS: 12



KB OVERHEAD
SQUAT
SETS: 3 REPS: 12

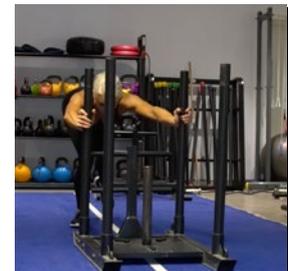


REST: 60 SEC
REPEAT

SUPERSET THREE.
REVERSE HYPER
ON BENCH
SETS: 3 REPS: 15



SLED PUSH
(WIDE STEPS)
SETS: 3 REPS: 20



REST: 60 SEC
REPEAT

OPTIONAL FINISHER

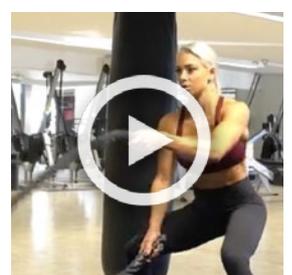
1. BATTLE ROPE DOUBLE SLAMS
SETS: 1 REPS: MAX REPS

2. BATTLE ROPE ALTERNATING WHIPS
SETS: 1 REPS: MAX REPS

1.



2.





WEEK FOUR

If it doesn't challenge you,
it won't change you



DAY ONE

BB = BARBELL
DB = DUMBBELL
KB = KETTLEBELL

SUPERSET ONE.
SMITH MACHINE
HIP THRUSTS
SETS: 5 REPS: 15



SIDE PLANK LEG RAISE
(OPTIONAL BOOTY BAND)
SETS: 5 REPS: 20



REST: 60 SEC
REPEAT

SUPERSET TWO.
REVERSE
HACK SQUAT
SETS: 4 REPS: 15

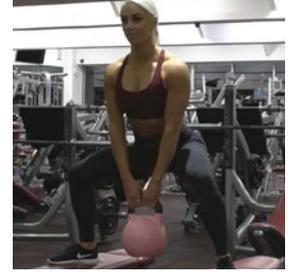


BACKWARDS DUCK WALK
(BOOTY BAND)
SETS: 4 REPS: 20

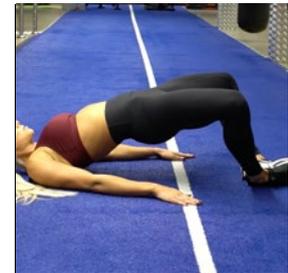


REST: 60 SEC
REPEAT

SUPERSET THREE.
ELEVATED KB
SUMO SQUAT
SETS: 3 REPS: 15



FROG PUMPS
SETS: 3 REPS: 20



REST: 60 SEC
REPEAT

1. BOOTY BAND CLAMS

SETS: 3 REPS: 30
REST TIME: 60 SECS

2. GOBLET SQUAT AND CALF RAISE

SETS: 3 REPS: 15
REST TIME: 60 SECS

1.



2.



DAY THREE

BB = BARBELL
DB = DUMBBELL
KB = KETTLEBELL

SUPERSET ONE.
SUMO DEADLIFT
SETS: 4 REPS: 15



PLATE LUNGE TO
KICK BACK
SETS: 5 REPS: 20 EACH LEG



REST: 60 SEC
REPEAT

SUPERSET TWO.
DB CURTSY
LUNGE
SETS: 4 REPS: 15 EACH LEG



SINGLE LEG
BACK EXTENSION
SETS: 4 REPS: 12 EACH



REST: 60 SEC
REPEAT

SUPERSET THREE.
SINGLE LEG
PRESS
SETS: 3 REPS: 12 EACH LEG



SINGLE LEG
HIP EXTENSION
SETS: 3 REPS: 15 EACH LEG



REST: 60 SEC
REPEAT

FINISHER

SWISS BALL HAMSTRING CURLS

SETS: 3 REPS: MAX
REST: 60 SECS



DAY FIVE

BB = BARBELL
DB = DUMBBELL
KB = KETTLEBELL

SUPERSET ONE.
DEADLIFT SQUAT
COMBO
SETS: 5 REPS: 15

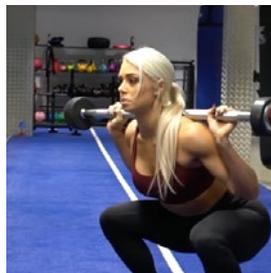


BB HIP THRUSTS
(BOOTY BAND)
SETS: 5 REPS: 15



REST: 60 SEC
REPEAT

SUPERSET TWO.
GOOD MORNING TO
SQUAT COMBO
SETS: 4 REPS: 12



KB OVERHEAD
SQUAT
SETS: 4 REPS: 15

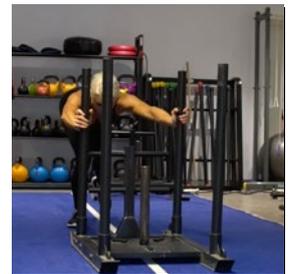


REST: 60 SEC
REPEAT

SUPERSET THREE.
REVERSE HYPER
ON BENCH
SETS: 3 REPS: 20



SLED PUSH
(WIDE STEPS)
SETS: 3 REPS: 30



REST: 60 SEC
REPEAT

OPTIONAL FINISHER

1. BATTLE ROPE DOUBLE SLAMS
SETS: 1 REPS: MAX REPS

2. BATTLE ROPE ALTERNATING WHIPS
SETS: 1 REPS: MAX REPS

1.



2.



EXERCISE INSTRUCTIONS



Abductor Machine (leaning forward): Lean forward resting your arms on the machine, and push your feet downwards in the holders as much as possible to help engage your glutes. Focus on holding as wide as possible for 2 seconds each rep, and slowly come back to the start.

Back Extension: On the back raise machine, raise as high as possible. Squeeze your glutes for 2 seconds at the top. Slowly lower, maintaining glute activation the whole time - don't ever relax.

Backwards Duck Walk (booty band): Wrap the resistance band just above your ankles. Squat down until parallel keeping your knees out against the band. Take small steps backwards, ensuring constant tension on the band and your glutes are always engaged. Don't stand up between reps!

Battle Rope Alternating Whips: Sit back into a squat position and whip the rope down as hard and fast as possible. Keep your core strong and glutes engaged. For an extra challenge, move up and down with your squat as you whip the ropes.

Battle Rope Double Slams: Use your legs with each rep to help you slam the ropes. Keep your back and core engaged. Focus on trying to make the biggest waves in the rope as you can.

BB Bulgarian Split Squat: Hold a barbell across your back. Put one foot up behind you on a bench and drop down like a squat and back up. Pause at the bottom of the movement for 1 second. Drive back to the starting position by pressing through your front heel.

BB Hip Thrust: Lie with your back propped up against a bench and knees bent supporting your weight. Place a barbell on your hips (10-20 kg to challenge yourself!). Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling. Pause at the top for 2 seconds before completing another repetition.

BB Hip Thrust (Booty Band): Wrap the booty band just above your knees. Lie with your back propped up against a bench and knees bent supporting your weight. Place a barbell on your hips (10-20kg to challenge yourself!). Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling, while keeping your knees pressed out to keep resistance on the band. Pause at the top for 2 seconds before completing another repetition.

Booty Band Clams: Place the band just above/ below your knees and lie on your side, propped up on your forearm. Bend your knees so your heels move towards your glutes, your top leg should be resting on top of the bottom leg. Keeping your heels touching, lift your top knee upwards (like a clam shell), pause at the top and then lower back down. This is one rep.

Booty Band Hip Thrusts: Lie with your back propped up against a bench and knees bent supporting your weight. Place the band around your knees. Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling. Pause at the top for 2 seconds before completing another repetition.

EXERCISE INSTRUCTIONS



Booty Band Hip Thrusts + Pulses: Wrap the resistance band around both knees. Perform 1 hip thrust for every pulse, but complete ALL of your hip thrusts before doing a single pulse. So if you had to do 10 reps, you would complete all 10 hip thrusts and then complete your 10 pulses to finish off.

Booty Band Side Kicks: Wrap the resistance band around both ankles. Hold on to the frame for balance. Kick one leg to the side with a straight leg. Pause at the top for 1 second and squeeze your glutes. Return to the starting position and repeat for the same leg.

Booty Band Step Outs: Hold a half squat position and step out as far as possible, keeping all the weight in your other leg. Repeat for the opposite leg keeping as much tension on the band the whole time. The wider your steps, the harder this is.

DD Calf Raises: Ensure your ankles go straight up and down - don't let them "flare" out. Make sure you go through your entire range of motion, especially going as far down as you can to get a slight stretch. To help with balance, complete reps with 1 hand holding a dumbbell and the other on the wall.

DB Curtsy Lunges: Holding a dumbbell in each hand, step your left leg behind you and across to the right, so your knees bend, as if you were doing a curtsy. Step back together and repeat on the opposite leg. This is one rep.

DB Step Ups: Set up a step or bench (the higher this is the more glute activation). Step up with one leg by driving up with the heel of the raised leg. Alternate the leg you step up with each rep. As this gets easier, increase the weight of the dumbbells.

DB Sumo Pulse Squats: Hold the dumbbell under your chin and pulse slightly up and down from the bottom position where you would normally stop your squat. When you are squatting down, keep your knees in line with your big toe. Ensure you are pulsing above and below parallel. Keep weight in the base of your big toe AND your heel for maximum glute and VMO activation.

Deadlift: Stand with a narrow stance and bend your knees while keeping your back as straight as possible to grip the bar. Pull it into your shin, sit back and down and ensure your chest is kept up. Using the power in your legs, raise the barbell by standing in an upright position. Bend your knees and lower yourself back to the starting position.

Deadlift + Squat Combo: Perform a straight leg deadlift, then curl the dumbbells up and complete a squat. Focus on smooth transitions and keep your glutes engaged the whole time. Completing both a squat and a deadlift is 1 rep.

Elevated KB Sumo Squat: Stand with a plate under each foot, and as you get more advanced progress to benches. Important to keep your glutes and core engaged focusing on form and range of motion instead of weight. The purpose of this exercise is to go slightly lower than you can normally.

EXERCISE INSTRUCTIONS



Frog Pumps: Lie back on the floor, with your feet together and let your knees drop out to the sides, making a diamond shape. Rest your arms by your sides on the floor, engage your glutes and press through your feet to lift your hips upwards. Pause at the top and then return to start position.

Goblet Squat + Calf Raise: Hold a dumbbell or kettlebell under your chin. Feet slightly turned out and just wider than shoulder width apart. Hold a half squat, then perform a calf raise to lift up your heels. Try to hold your squat at parallel if possible.

Good Mornings: Place a barbell on your back and stand with feet shoulder width apart. Maintain a straight back while you bend over from the hips and drive your hips and glutes back. Your chest should be brought down parallel to the ground. Thrust your hips forward to stand back up and squeeze your glutes for 2 seconds.

Good Morning To Squat Combo: Place a barbell on your back and stand with feet shoulder width apart. Maintain a straight back while you bend over from the hips and drive your hips and glutes back. Your chest should be brought down parallel to the ground. Thrust your hips forward to stand back up and squeeze your glutes for 2 seconds. When you are squatting down, keep your knees in line with your big toe. Ensure you are going below parallel for maximum glute/hamstring activation.

In Out Squat Jumps Holding Plate: Starting with your feet together, hold the plate in front of your chest, like holding a steering wheel. Bend at the knees and jump your feet apart, as you land, sink down to a squat. As you extend your legs out of the squat, jump the feet back together again, repeat.

KB Goblet Squat: Hold a kettlebell under your chin. Feet slightly turned out and just wider than shoulder width apart. When you are squatting down, keep your knees in line with your big toe. Ensure you are going below parallel for maximum glute/hamstring activation.

KB Overhead Squat: Keep the arm holding the kettlebell close to your ear. As you squat down, focus on keep your arm straight up and don't allow it to come forwards - if you feel this exercise in your upper back, it is helping with your mobility. Actively pull your arm back and keep your shoulder engaged. If you're finding this too difficult, put your feet into a sumo stance and only start with half reps.

KB Side To Side Lunges: Hold a kettlebell against your chest. Lunge down to one side, then without coming up move across to the other leg - this is 1 rep. Pause at each side for 1-2 seconds and squeeze your glutes.

KB Stiff Leg Deadlift: Let the kettlebell travel straight down towards the ground. Drive hips and glutes back as you bend over. Thrust your hips forward as you come back up and squeeze your glutes at the top. Do not completely lock out legs, and only go as low as you can while keep your back straight.

Kickback Crossover: Get on your hands and knees on a bench with your wrists aligned under your shoulders and knees under hips. Lift your left leg parallel to the floor with your leg straight. Take it up and over to the other side, then cross back to the same side. Repeat for same side.

EXERCISE INSTRUCTIONS



Medicine Ball Slams: Standing with your feet shoulder width apart, raise the medicine ball above your head in your hands, then throw it down at the floor. Squat down and pick the ball up, then repeat.

Plank Toe Taps: Start in a push up position, lift one leg and reach it out to the side. Tap the ground with your toe, then lift it back up and bring back to the centre. Repeat on the other side. Ensure the core is braced and the body is stable throughout.

Plate Lunge To Kickback: Make sure your front knee does not move past your toes. Drive out of your front heel to stand up, and kick your back leg straight back. Focus on engaging your glutes and keeping all of the weight in your front leg. Complete all reps with 1 leg before switching sides.

Plated Duck Walks: Hold a plate just in front of your chest. Squat down until parallel and take small steps forwards. Don't stand up between reps! The wider your feet, the more it will hit your glutes.

Reverse DB Lunges: Take a long step backward with your left leg into a lunge and drop the back knee towards the ground. Make sure your front knee does not move past your toes. Drive out of your front toes to come back to the start. Complete all reps on 1 leg before changing sides.

Reverse Hack Squat: Position yourself on the machine with the pads supporting your chest/shoulders, standing with feet shoulder width apart. Perform a squat by bending the knees to around 90 degrees, press through the feet to return to starting position.

Reverse Hyper On Bench: Hold onto a bench and position it so your hips are supported. Push your legs up and squeeze your glutes each rep. Don't worry about straightening your legs. Keep your upper body flat on the bench the whole time.

Reverse Hyper On Bench (Feet Together): Hold onto a bench and position it so your hips are supported. Push your legs up and squeeze your glutes each rep. Squeeze your feet together with the bottom of your shoes touching to increase glute engagement. Keep your upper body flat on the bench the whole time.

Seated Abduction (Booty Band): Place the band around your knees and sit on a bench or box, ensure a strong, tall posture. Pressing your feet into the floor, push your knees outwards, away from each other, making a diamond shape. Pause and then return to starting position.

Side Lying Abduction (Booty Band): With the booty band around your ankles, lie on your side on a mat/floor with your feet in a neutral position and lower arm placed under head for support. Raise the upper leg to 45 degrees to the lower leg, while keeping your knee straight. You should feel the tension in your glutes and oblique muscles. Return your leg to the starting position. Complete the repetitions and repeat with the opposite leg.

Side Plank Leg Raise: Hold a steady side plank shape while raising your top leg. The slower you raise your leg, the more it will work your glutes and core. Stay side on, don't allow your hips to twist. Repeat for the same number of reps on the opposite side.

EXERCISE INSTRUCTIONS



Single Leg Back Extension: On the back raise machine, only place 1 leg beneath the support pads with the other on top. Raise your back as high as possible. Squeeze your glutes for 2 seconds at the top. Slowly lower, maintaining glute activation the whole time - don't ever relax. Switch legs once you have completed all reps.

Single Leg Glute Bridge: Place your heels on the floor, lying back and raise one leg up straight. Drive through the heel on the ground to push up your hips up towards the ceiling. Squeeze and pause at the top to engage your glutes. Slowly lower down each rep.

Single Leg Hip Extension: With your back on a bench, lift 1 leg straight up. Drive through your heel to raise your hips as high as possible. Squeeze glutes at the top for 2 seconds before lowering. Complete all reps on one side before switching legs.

Single Leg Press: Place one leg on the platform making sure your toe is slightly turned out. Use a lighter weight than the regular leg press - just under half is a good place to start. Avoid rotating your upper body as you perform single leg press.

Single Leg Swiss Ball Hamstring Curls: Place heels on a swiss ball. Raise your hips so there is a straight line from shoulder to heel. Bend your knees to pull the ball towards your glutes. Squeeze for 2 seconds. Slowly straighten your legs while keeping hips up.
Sled Push (Wide Steps): Keep your arms straight and core engaged. Take long, slow steps that are wider than your hips. Think about driving your feet through the floor. 2 steps is 1 rep.

Smith Machine Curtsy Lunges: Position the bar across the top of your back, step your left leg behind you and across to the right, so your knees bend, as if you were doing a curtsy. Step back together and repeat on the opposite leg. This is one rep.

Smith Machine Hip Thrusts: Lie with your back propped up against a bench and knees bent supporting your weight. Place bar on your hips (10-20kg to challenge yourself!) and unrack the bar. Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling. Pause at the top for 2 seconds before completing another repetition.

Squat Jumps (Booty Band): Wrap the booty band just above your knees, and make sure you keep resistance against the band the entire time. Jump up as high and explosively as you can. When your feet touch the floor, immediately squat down and repeat.

Standing Cable Abduction: Using the ankle cuff attachment, stand facing sideways in front of the machine. Attach the cuff to the outer leg, and lift this leg outwards (and upwards) from the body's centre line. Pause at the top and then return this leg back towards the standing leg. Repeat all reps on the same leg before changing sides.

Standing Calf Raises Toes In: Point your toes slightly in, but make sure your ankles go straight up and down. Make sure you go through your entire range of motion, especially going as far down as you can so get a slight stretch. If you don't have the standing calf raise machine, simply do them standing on the edge of a step holding a dumbbell.

EXERCISE INSTRUCTIONS



Standing Calf Raises Toes Out: Point your toes slightly out, but make sure your ankles go straight up and down. Make sure you go through your entire range of motion, especially going as far down as you can so get a slight stretch. If you don't have the standing calf raise machine, simply do them standing on the edge of a step holding a dumbbell.

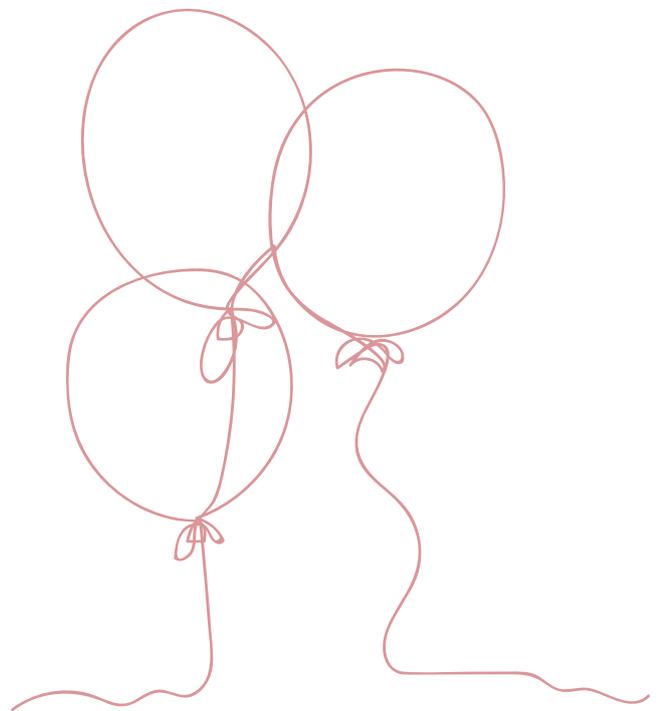
Sumo Deadlift: Stand with a wide stance with your toes pointing out to 45-degrees, and bend your knees while keeping your back as straight as possible to grip the bar. Pull it into your shin, sit back and down and ensure your chest is kept up. Using the power in your legs, raise the barbell by standing in an upright position. Bend your knees and lower yourself back to the starting position.

Swiss Ball Hamstring Curls: Place heels on a swiss ball. Raise your hips so there is a straight line from shoulder to heel. Bend your knees to pull the ball towards your glutes. Squeeze for 2 seconds. Slowly straighten your legs while keeping hips up.

Congratulations on making it through my 4 Week Booty Intensive Program

Make sure you tag me
@LaurenSimpsonFitness in your glute
progress shots and use my hashtag
#LSFbabes so I can check out your
peach improvements!

If you want to take your body and
fitness to the next level, check out my
meal plans and programs [here](#)



LAUREN SIMPSON

— fitness —

Gym Program

POWER BOOTY

6 WEEK PROGRAM



ABOUT ME |—————

I started my fitness journey like many other women, with an insatiable desire to improve myself, but without much knowledge of how to go about it. For a few years I was employing ineffective, detrimental training and nutrition strategies, but gradually this changed. After several years in the fitness industry as a coach, and athlete, I can now look back and see where some of my methods were potentially harmful in the pursuit of my goals. Today, I am just as passionate about self improvement, but I am also driven to help other women all over the world achieve their goals the smart way, not at the expense of their health and happiness.

I personally follow a flexible dieting strategy that allows me to enjoy foods that support my health and my goals the majority of the time, with some room for more indulgent foods every now and then. I no longer feel guilty or beat myself up if I have something that I used to consider 'bad' and this strategy has seen me compete as a powerlifter, athlete and even helped me achieve my World Bikini Champion title. I have passed my knowledge and experience, with the support of my LSF team, on to thousands of girls from all over the world and all walks of life. And it is one of my greatest joys watching them transform their lives both mentally and physically.



ABOUT LSF |—————

As a coach, my core beliefs revolve around mindset, consistency, and discipline. With the correct training & nutrition, I was able to transform my shape. If I can do it, you can too! Over the past few years, I have helped thousands of women discover their inner strength and transform their lives. I do not sell unsustainable programs that get you shredded fast, rather, I preach the value of lifestyle change, empowerment through education and movement, and creating healthy habits that will last you a lifetime.

At Lauren Simpson Fitness, we believe that knowledge is power. You can find a coach that will write you a meal plan and put you through workouts, however this will leave you with little to no actual health and fitness knowledge once your partnership has ended. This is why I ceaselessly research, work with knowledgeable

coaches in the industry and have a team of experts in my corner - so that I can learn from each of these and translate the information to my clients in a way that they can implement into their lives!

Ladies (and gentlemen of course!), I want you to join me in an effort to break the stereotype that strong women are bulky and masculine. I wanted to create something with LSF that uplifts each and every one of my clients. By teaching you the reasoning behind my programming, I can show you that lifting is feminine, sexy and empowering. Throughout my programs and challenges, my clients see mindset changes, as well as physical changes. My focus is to help you improve your physical strength, mental strength, knowledge and confidence. And I believe that all of this is achievable through the avenue of strength training!

THE POWER BOOTY PROGRAM

This 6 week program was designed to help you activate, strengthen and shape your glutes. I have worked hard over the last few years to be educated in all things training, but in particular, I have been focusing on the glutes, as this is an area I have wanted to improve personally. You will see that my own fitness journey has allowed me to drastically improve my booty, and I know for so many people out there this is a huge focus and motivator.

When it comes to glutes I have been asked countless times 'what is the best way to grow them?'. High or low repetitions? Compound or isolation exercises? However, there is no single method that works best for everyone. This program aims to target all the pathways when it comes to glute-building, work in a variety of rep ranges, use different loads, exercises and tempos. After utilising all these methods you will be able to ultimately see which your body respond to best.



ZERO | 2019

You will learn how to activate your glutes with resistance bands and utilise mind muscle connection cues, hit your muscles under heavier load, but also burn them out with some of my favourite high rep glute finishers. The variety in this program ensures we are hitting all 3 key muscles that make up our glutes, it with work them from different angles and ranges of motion.

As you read on, you will see that there is more to glute gains than kickbacks and booty bands. There are so many different tactics you can employ to improve your glute strength and shape, and I aim to not only show you how, but also why! This program can suit different goals, including those looking for glute activation, glute hypertrophy (or growth), strength, a more hourglass figure, or can be used as inspiration to create more of a glute emphasis with your pre-existing program.

The purpose of this program is to:

1. Increase glute activation and mind muscle connection
2. Increase glute strength
3. Increase tone and shape in the glutes and surrounding muscle
4. Invigorate and challenge your lower body training
5. Educate you on the key concepts surrounding targeted glute training.

I hope that you enjoy this Power Booty program and that it helps you to reach your glute goals! I love to see how all of the information I put out there can change lives for the better, so ensure that you share your transformations and feedback with me!

Love Lauren xoxo

THE SCIENCE BEHIND YOUR GLUTES

The scientific name for your booty is gluteus and it has the potential to be the strongest muscle in the body! But for many people, the glutes are simply not living up to their potential. The gluteus is made up of three muscles and covered by a layer of fat just under the skin.

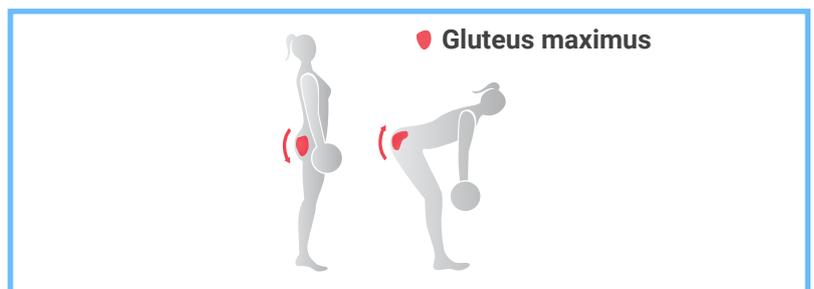
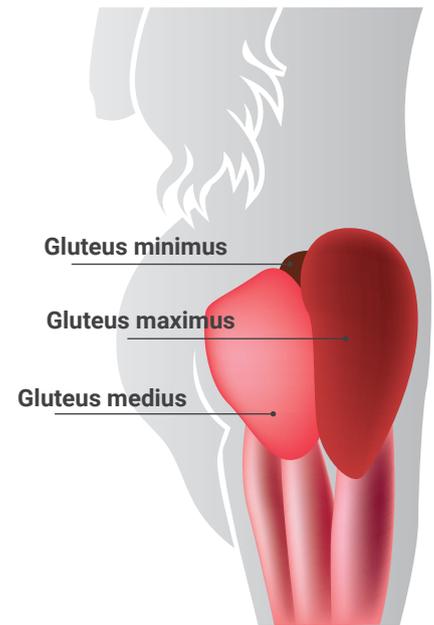
The 3 gluteal muscles you need to know are:

1. Gluteus maximus
2. Gluteus medius
3. Gluteus minimus.

The gluteal muscle group forms a strong foundation for our bodies, as it's connected to our upper body, core and lower body. They enable you to perform almost all movements at your hip and leg joints. The gluteus maximus controls the forward/backward motion of your pelvis, whereas the medius controls the sideways motion.

The gluteus muscles are not only important to our body composition and aesthetics but they are the major muscles used in many everyday and athletic activities.

They are:



- Used to abduct (move away from the midline of the body)



- Extend and externally rotate the hips.



- This makes them the key driver for many power-dominant movements, such as sprinting.

While exercises like squats and deadlifts will be sure to hit your gluteus maximus, we also need to strengthen the smaller, stabiliser muscles in this area by performing isolation exercises such as the glute bridge. Gaining strength in your medius and minimus will increase muscle activation and your range of motion through your hips. This is crucial to being able to lifting heavy, avoiding injury and helping to help shape a well-proportioned booty!

While a lot of girls (myself included) aren't genetically blessed with a perky behind, the good news is that, the gluteals are muscles - and muscle grows from resistance training, so time to forget about doing endless hours of cardio! The myth that girls who lift heavy weights and eat enough food are 'bulky' is so outdated and we need to start realising that it is exactly that - a myth!

THE KEYS TO BUILDING MUSCLE

When we lift weights, or perform challenging exercises our muscles are actually damaged on a microscopic level, sometimes this can result in DOMS (or delayed onset muscle soreness). In the recovery period after your training session, the body gets to work on repairing this damage and if adequate recovery is provided, then the fibers that are repaired become increasingly stronger and larger. This is how our muscles 'grow' or how we achieve hypertrophy.

The thing with muscle growth is that if you don't use it, you will lose it! This means that as the muscles grow and recover from the load or stress they are being exposed to, they ADAPT. This adaptation process is what we want, however it means that to continue to challenge your muscles in order to cause that hypertrophy response, you need to continually INCREASE THE STRESS they are being exposed to. This is where progressive overload comes in...

PROGRESSIVE OVERLOAD

So what does this mean? It simply refers to doing more over time. You need to place increasing demands on the body in order for it to change. There are several different ways to achieve progressive overload in your training, and the methods used will be specific to the individual, based on their experience, their goals and their individual anatomy.

It is important to note that before you move your training focus to increasing the challenge your muscles are

facing, it is imperative that you have your technique dialed. Don't get me wrong, there will ALWAYS be room for improvement when it comes to technique, myself included. You need to ensure you are lifting SAFELY before making things harder, as increasing weight or difficulty of the exercise can put you at increased risk of injury. If your technique is not good, you will most likely not be getting the most out of your training, and the exercises you are using may not be working your muscles the way they are supposed to.

WAYS TO ACHIEVE PROGRESSIVE OVERLOAD:



Add weight or resistance to your lifts



Utilise more challenging exercises



Decrease your rest periods



Increase your sets, reps or volume



Increase training frequency

The challenge when it comes to strength training is finding the balance between progressive overload, and recovery. It may sound like increasing training, resistance, sets and reps are all better, but if the body is overloaded too heavily or quickly your ADAPTATION WILL BE IMPAIRED. This means you will not get the

optimum results for the effort you are putting in. The Power Booty Program is written with optimum recovery in mind, however as we are all at different stages in our training journey and are of varying training experience, the correct rate of progressive overload for you is unique.

MIND MUSCLE CONNECTION AND GLUTES

The mind muscle connection is another important strategy in strength training, and refers to how well your brain and muscles communicate with one another. Any movement you do starts with your brain sending a message to your muscles to contract. For many of us, the awareness of what our muscles are actually doing is very limited, however this can be trained and improved. The outcome will result in improved activation in the muscles that you are focussing on, which in the long term will lead to increased growth and strength.

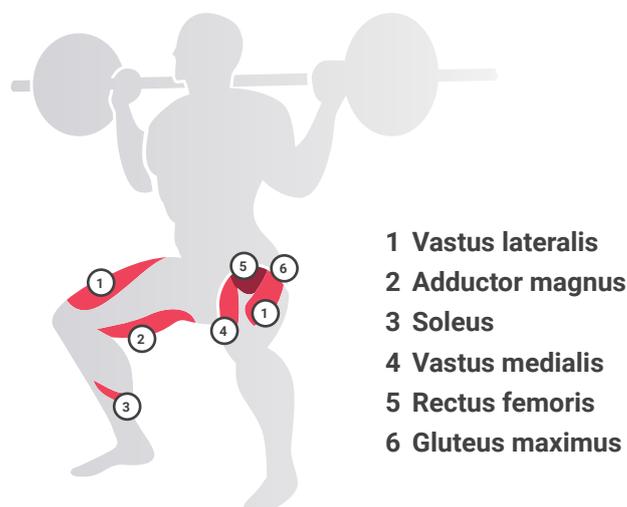
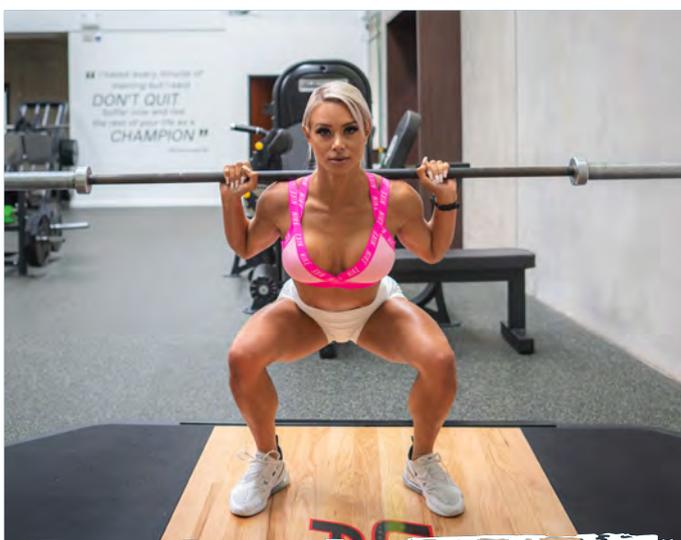
This concept is particularly relevant to the glutes as they can be a sleepy / dormant muscle that is difficult to feel for many people, and are often dominated by other, surrounding muscles. To maximise your glute development it is important to work on your mind muscle connection so that you're working the right muscles and so that in isolation they are being stressed during the movement, therefore allowing them to grow bigger and stronger.

To put the concept of mind muscle connection into context, think of this scenario: the squat is a compound movement and it works your quads, ham-

strings, glutes and even total posterior chain. If you have weaker muscles or aren't activating the primary muscle group effectively, then other muscles may take over. Most exercises incorporate many different muscle groups - it's difficult to isolate a single muscle, especially if your brain and muscles are not communicating and you are not dialed in to what is happening in that exact muscle.

Below are some strategies you can use to help improve your mind muscle connection, and not only improve your glute activation, but overall muscle activation during training:

1. Walk before you run: take things back to the basics and concentrate on mastering the fundamentals of mind muscle connection. This could mean significantly decreasing resistance so you can concentrate on technique and feeling the muscle in isolation.
2. Use bands: resistance bands can be effective not only in your initial activation routines and warm up, but also during the workout, as they can act as a physical cue and add slightly more resistance to the exercise. e.g. adding a band around your knees during a hip thrust. Using bands when performing glute-specific exercises adds resistance to your

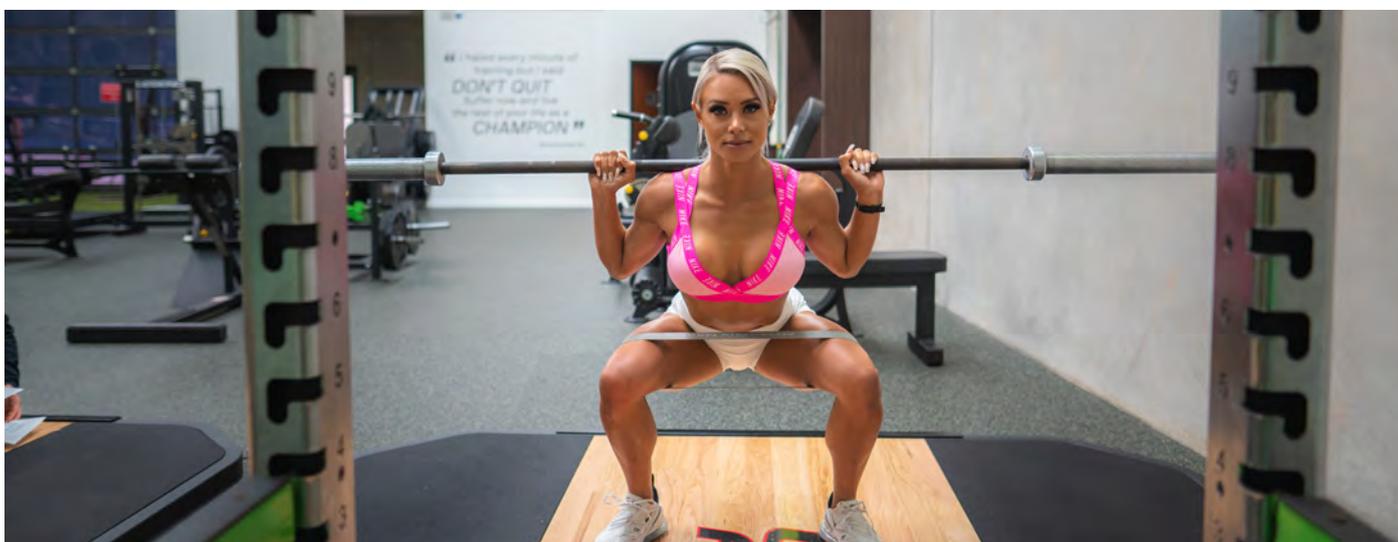
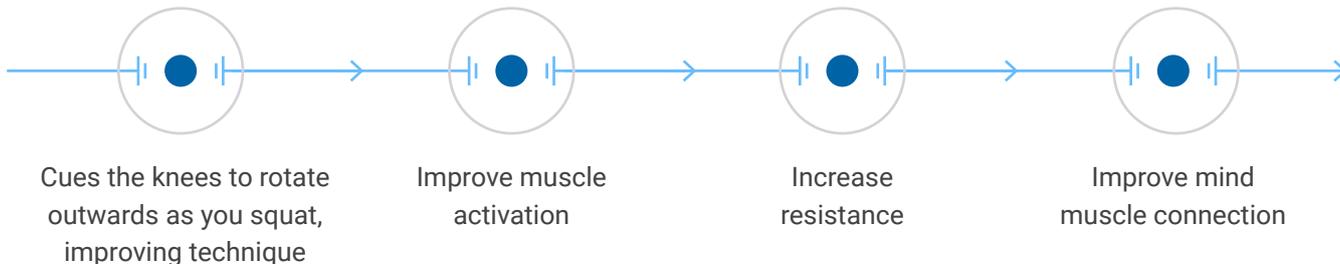


external rotators, aka outer glutes. In this scenario it cues you to push out against the band which triggers more glute activation.

3. Utilise paused reps: something as simple as a pause at the peak contraction of the exercise will allow you to accentuate the squeeze. You will find a lot of paused reps in your program.

4. Visualise: you cannot see your glutes when you workout so you need to visualise the target muscle, as well as contracting it with each rep.

5. Frequency: the more you do something, the better you will become and the more natural it will feel to you. It's like any skill - the more you practice, the better you will be.



THE KEY LIFTS FOR YOUR GLUTES

SQUAT



The squat is a compound lift, meaning that it not only works your glutes but also your hamstrings and quads. Although we all want to grow our booty, neglecting

the other main muscles in your legs will likely result in injury, imbalances and a slower glute growth rate too. The perfect squat is going to look different on everyone depending on the length of their limbs, their mobility and many other factors.

This movement starts with the hinging of your hips, followed by the knees as you squat down as far as your mobility will allow. Ensure that you are opening up your hips, and keeping the knees out as you initiate the movement. The glutes will be under their most amount of tension in the bottom of your squat, meaning that when you are in this position they will be most engaged (there is no need to squeeze your glutes at the top of the lift).

DEADLIFT



A deadlift works your entire posterior chain, meaning it engages your hamstrings, glutes and your back muscles. Keeping your core muscles engaged is import-

ant, especially using a heavier load, so that we have a strong base for the lift. The spine should not be flexed or extended, it should be neutral (meaning a flat back).

The goal is to move the bar in a straight line from the floor to the end position, so begin the movements with the bar closer toward your shins. The hips are quite low in the start position of your deadlift, however this position will once again change from person to person depending on your body. Think about your shoulders moving back and down, toward your back pockets to engage the back muscles and keep the bar close to your body. Keeping the knees out, push through the floor as you perform the deadlift.

HIP THRUST



The hip thrust is one of the most popular exercises for the glutes, and there is definitely a reason why! This movement is a great way to put your glutes under substantial load, while still executing it safely.

For this exercise you will generally be using a loaded barbell across your hips, with your shoulders elevated on a step or bench. This increases the range of move-

ment further than a glute bridge (where your shoulders are on the floor). When positioning your feet, aim to finish the movement with your knees at 90 degrees. Throughout the entire movements you want the chin to be tucked as this is important for glute activation. At the end position of your hip thrust, you should be squeezing your glutes together and avoiding a hyper-extended back.

Try not to rush the hip thrust, you want a slight pause at the end of each repetition to really squeeze and engage the glutes before controlling your hips back down. You will learn how to activate your glutes with resistance bands and utilising mind muscle connection cues, hit your muscles under heavier load, but also burn them out with some of my favourite high rep glute finishers. This variety in the program ensures we are hitting all 3 key muscles that make up our glutes, it with work them from different angles and ranges of motion.

REST AND RECOVERY STRATEGIES

While it may feel like the time we put in at the gym is the hard part, in reality following a structured program may actually be the easy part of the process. The things we do outside of the gym have an immeasurable impact on achieving our goals. If your nutrition, sleep, rest and recovery are insufficient or

far from optimal, no matter how hard you train you simply won't reach your potential. It is for this reason I wanted to provide you with some information on the rest and recovery strategies you have at your disposal to help support your training and your goals.

NUTRITION



You've heard the saying abs are made in the kitchen, and while this is an oversimplification of what actually can be a very complex topic, it demonstrates how much of an impact our diet has on every aspect of our health, progress and physique. In a nutshell, if you aren't eating to fuel your body's needs, especially when it comes to booty gains, your progress is going to suffer. To build new muscle the body needs both

calories and protein to fuel the repair and growth of muscle tissue. The mistake many people make is trying to build muscles, train hard and get stronger while severely restricting calories. This often leads to poor recovery and very little or slow progression.

It is so difficult to find the right balance between calories in and calories out, so do not expect to get things perfect straight away. Just like with training, it takes time to develop the skills to eat well and find the nutrition approach that suits your body, your personality and your goals. Delving into the details of nutrition is beyond the scope of this program, however, I go into the details of the fundamentals of nutrition in my e-Book '[Mastering The Basics of Nutrition](#)'. I strongly recommend reading it for those needing to develop a good base understanding of nutrition. And if you feel you would like additional support and guidance when it comes to nutrition, I also provide meal plans that include calories, macros and quick and easy healthy recipes to support your training journey.

SLEEP/REST

Sleep could be considered just as influential to our progress as how we fuel our bodies. While we sleep our muscles may be resting, but our bodies are far from dormant. In fact, this is the time when invaluable rest, growth and regeneration is happening. It is for this reason that sleep is being revealed as a key player not just in achieving your goals, but in overall health.

If you are someone that has never struggled to get a good night's sleep, you are both lucky and potentially oblivious to the hardships faced by insomniacs. A lack of sleep for one night can negatively impact your day, and chronic lack of sleep or insomnia has the potential to hold you back in many ways. Immune function, brain function, digestion, memory, physical performance, coordination, stress levels and management, mental health, are just a few things that can be impacted by sleep deprivation, so it is a no brainer to prioritise improving your sleep if it's not on point. The recommended amount of sleep is highly dependent on individual factors and lifestyle, however you

will see recommendations ranging from 6-9 hours normally. I suggest doing what feels right for you, which as always takes a little trial and error. Some studies demonstrate that the magic number appears to 7.5-8 hours of sleep per night, but it may not just be about total time spent sleeping, quality of sleep is also very important.

Based on current research, there are several things you can do to improve your sleep:

- Have a set bedtime and wake time.
- Get out into the sunshine first thing in the morning.
- Exercise regularly, but it may be necessary to avoid training close to bedtime.
- Select a bed setting that suits you - mattresses, pillows, bed covers, blankets, these all have an impact on your comfort levels while you sleep.
- Minimise screen time in the hours before bed.
- Keep the temperature in the bedroom slightly cool.
- Block out light in the bedroom, keeping things as dark as possible.
- Incorporate meditation into your day.

- Take a bath or shower with a focus on relaxing your body and mind.
- Manage your caffeine intake based on your personal sensitivity - as a guide cutting out caffeine after 2pm is a good place to start, but you may find eliminating it altogether may be necessary.
- Avoid alcohol - it may put you to sleep initially but alcohol can actually disrupt sleeping patterns.
- Sleep nutrients or supplements that may be beneficial to some include OxyRem/ OxySleep, magnesium, melatonin, lavender, valerian root, L-theanine.
- Keep your bedroom clean, tidy and clutter free, change sheets regularly and try to keep the ambience quiet and relaxing.
- Optimise your night time eating and drinking habits to suit your personal preferences - this may time some experimentation to get right, but some find having a high protein snack in the evening helps with sleep. Others find going to bed with anything in their stomach negatively impacts sleep. Try to find what works for you.
- Create a bedtime routine and stick to it.

SELF-MASSAGE - FOAM ROLLING AND TRIGGER BALL



While this may not always be the most pleasant recovery strategy, it is worthwhile incorporating some form of massage into your schedule, as it can help to clear the metabolic waste that builds up in the muscles as a result of training, as well as help to improve mobility and performance during your training sessions.

I recommend spending at least 5 minutes foam rolling the major muscle groups you are training during the warm up of your session, and then following your session with at least 10 minutes of foam rolling and/ or trigger ball work. Areas you can use a foam roller/

trigger ball on include lats, pecs, triceps, traps, glutes, hip flexors, ITB, quads, upper back, calves, hamstrings, the list goes on! In general, try rolling along the length of the muscle slowly and gently, and using your hand or leg to help support yourself and manage the amount of pressure being placed on the muscle. If there are areas of severe pain, roll around the spot or gently hold on the 'knot' for around 10-30 seconds.

Massage definitely benefits from consistent effort. You are better off making it a regular part of your schedule for a few minutes, rather than just randomly foam rolling for an hour here or there. And it provides increasing returns, as in general, the more you do it, the better the results.

My recommendations:

- Foam roll major muscle groups being trained for 5-10 minutes during your warm ups before you train.
- Foam roll or trigger ball for at least 10 minutes in your cool down after your training sessions.
- For extra results, add in a longer foam rolling/ trigger session once a week so you can work on problem areas
- Schedule a professional massage around once a month

CARDIO

Gone are the days when we thought it was necessary to get out of breath running, dancing, jumping, biking around in order to achieve 'the body of your dreams'.

Myself and thousands of my clients are living proof that you don't have to slave away on cardio machines with the sole purpose of burning calories. In reality,

cardiovascular activity, or cardio as we all know it, can actually have hugely positive health outcomes, such as decreased risk of heart disease and lifestyle diseases. However in terms of achieving a physical transformation it is not strictly necessary. Yes, cardio activities, such as running, walking, cycling, stairmaster, etc can be used as a means of increasing caloric expenditure, or burning extra calories, BUT it is not always necessary, especially when it comes to glute growth.

As I mentioned in the nutrition section of this guide, we need calories and protein to add size to our muscles, and increasing energy expenditure through additional or excessive cardio exercise can, in some cases, undermine muscular growth. This occurs because the calories that may have been dedicated to the growth and repair of muscles, could potentially be redirected to fuel the muscles during cardio training. As with all

things training and nutrition, it is important to keep in mind that this is a completely individual phenomenon. Whether or not you include cardio in your program will be based around several individual factors such as

- Enjoyment
- Goals
- Starting point
- Training history
- Nutrition and energy consumption
- Athletic or sporting goals and commitments

I have included one cardio session per week in the Power Booty Training Program, in the form of a HIIT session. Please keep in mind that this is OPTIONAL, so it is up to you whether you choose to include it based on your individual needs and goals.



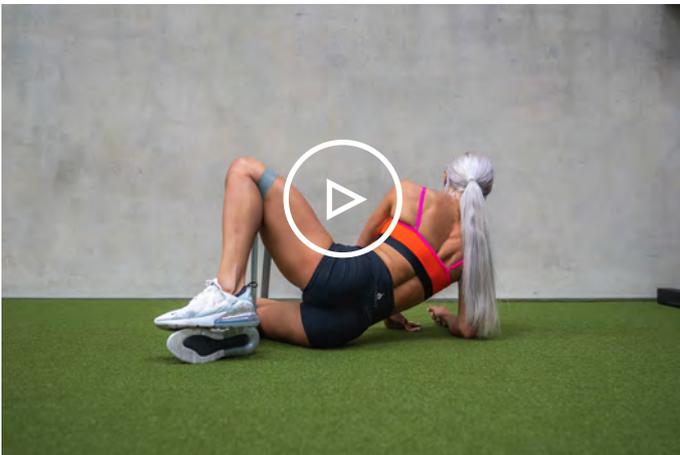
GLUTE WARM UPS

You may have seen endless videos on Instagram of 'glute warm up' exercises, circuits and inspo, but the question that comes to mind is why do we even need these? The reality is, that just like everything else health and fitness, these are not a one-size fits all strategy, BUT the research shows that performing glute activation exercises can have a positive impact on your training session, and in the long term, your overall glute development and performance.

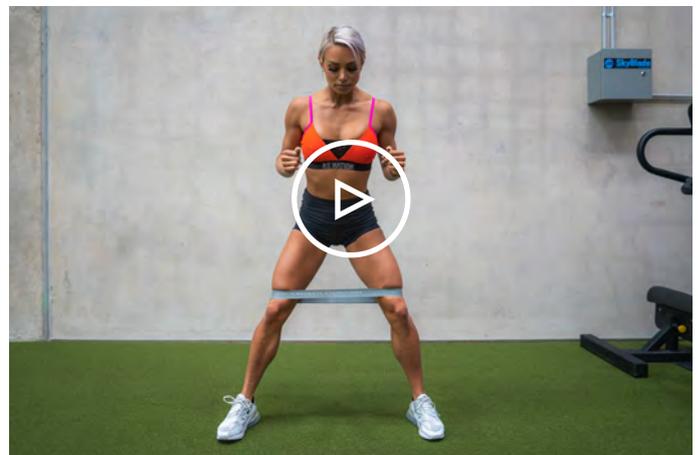
For many people that work a 9 to 5 at a desk, or don't have years of lifting under their belt, or maybe have had injuries in the past, there is a strong possibility that your glutes could be underactive/dormant when you attempt to train them. When we perform glute activation exercises, they 'wake up' the glute muscles, which results in greater recruitment and performance when we get into the more serious lifting in our training session.

SOME EXAMPLE WARM UP EXERCISES

BOOTY BAND CLAMS



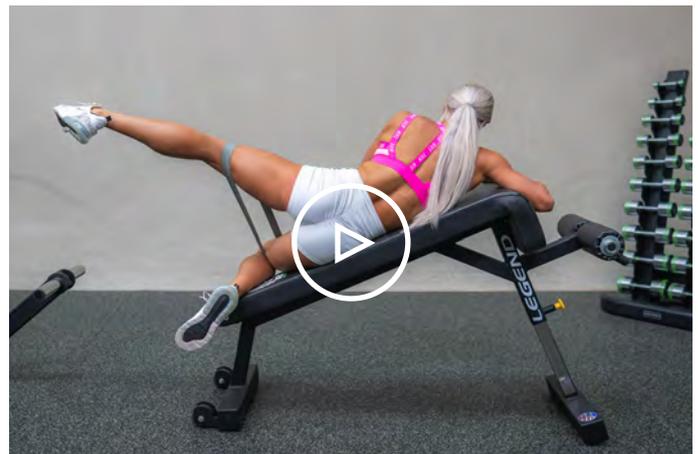
BOOTY BAND SQUATS



BOOTY BAND LATERAL WALKS



DECLINE SIDE LEG RAISES (WITH BOOTY BAND)



THE EXACT REPS WILL BE DETERMINED BY YOUR STRENGTH LEVELS AS WELL AS WHETHER YOU ARE USING A BAND AND IT'S STRENGTH. PERFORM THESE EXERCISES AFTER YOUR WARM UP, BEFORE YOU GET INTO THE LIFTING. THIS IS NOT AN EXHAUSTIVE LIST, THERE ARE COUNTLESS DIFFERENT EXERCISES YOU CAN USE FOR YOUR GLUTE ACTIVATION WORK!



LAUREN SIMPSON

— fitness —

THE GYM WORKOUT PROGRAM

MONDAY
LOWER BODY ONE

TUESDAY
UPPER BODY

WEDNESDAY
LOWER BODY TWO

THURSDAY
REST

FRIDAY
LOWER BODY THREE

SATURDAY
OPTIONAL HIIT & CORE

SUNDAY
ACTIVE RECOVERY OR REST

WEEK 1 - 2

DAY ONE

LOWER BODY ONE

EXERCISE 1

KNEE BANDED GOBLET SQUAT

10-12 REPS X 3 SETS
REST: 60 SECONDS

Hold a dumbbell or kettlebell under your chin, wrap the booty band around the legs just above the knees. When you are squatting down, keep your knees in line with your big toe. Keep your chest up each rep to really work your upper back mobility. Ensure you are going below parallel for maximum glute/hamstring activation.



EXERCISE 2

DB FRONT FOOT ELEVATED SPLIT SQUAT

10-12 REPS EACH SIDE X 3 SETS
REST: 60 SECONDS

Hold dumbbells in each hand. Put one foot up in front of you on a bench (or step) and drop down like a squat and back up. Pause at the bottom of the movement for 1 second. Drive back to the starting position by pressing through your front heel.



EXERCISE 3

STIFF LEG DEADLIFTS (TOES ELEVATED ON PLATE)

15 REPS X 3 SETS
REST: 60 SECONDS

Place a small plate under your toes. Let the bar travel straight down towards the ground. Drive hips and glutes back as you bend over. Thrust your hips forward as you come back up and squeeze your glutes at the top. Do not completely lock out legs, and only go as low as you can while keep your back straight.



EXERCISE 4

REVERSE HYPER FROGGIES

15 REPS X 3 SETS
REST: 60 SECONDS

Lie face down on a bench, with your hips on the short edge. Start with your knees bent and feet together. Press your legs out and up, keeping a slight bend in the knee and squeezing your glutes. Return to this start position. This is one rep.



SMITH MACHINE HIP THRUSTS

20 REPS X 3 SETS
REST: 60 SECONDS

Lie with your back propped up against a bench and knees bent supporting your weight. Place bar on your hips (10-20kg to challenge yourself!) and unrack the bar. Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling. Pause at the top for 2 seconds before completing another repetition.



BOOTY BAND LATERAL WALKS

30 SECONDS X 1 SET

Wrap the resistance band just above your knees. Squat down until parallel keeping your knees out against the band. Take small steps one way for the required number of reps, then repeat in the opposite direction ensuring glutes are always engaged. Don't stand up between reps!



GLUTE BRIDGE (BOOTY BAND)

30 SECONDS X 1 SET

Place the booty band around the legs, just above the knees. Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact.



SQUAT HOLD TO ABDUCTOR

30 SECONDS X 1 SET

Bring booty band to above knees. Place your feet shoulder width apart. Lower down to squat position, keeping chest upright core engaged. Staying in squat hold hover. In this position gently pull knees inwards and outwards. Keeping resistance on the booty band.



BOOTY BAND KICKBACKS

30 SECONDS X 1 SET

Wrap the resistance band around both ankles. Slightly bend over and hold on to the frame for balance. Kick one leg back high with a straight leg. Pause at the top for 1 second and squeeze your glutes. Return to the starting position and repeat for the same leg.



GLUTE BRIDGE HOLD MARCHES

30 SECONDS X 1 SET

Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Hold at the top of the bridge and lift one foot off the ground, keeping the hips level as you do so. Replace this foot and repeat with the other leg. Lower hips once all reps are complete.



WEEK 1 - 2

DAY TWO

UPPER BODY

EXERCISE 1

STANDING BB SHOULDER PRESS

10-12 REPS X 3 SETS
REST: 60 SECONDS

Hold a barbell against your shoulders with an overhand grip. Push it straight up until your arms are straight. Shrug out of your shoulders at the top. Slowly lower back down and repeat. Avoid using your legs to help.



EXERCISE 2

LAT PULLDOWN

10-12 REPS X 3 SETS
REST: 60 SECONDS

Hold the lat pull down handle around shoulder width apart, with palms facing towards the ground. Slightly tilt torso away from cable machine. Ensure flat back, and core is engaged. Pull the handle bar towards the chest, elbows should be pulled wide. Pause at base of rep and then extend the arms straight back to starting position, keeping resistance on the cable machine between reps.



EXERCISE 3

BARBELL INCLINE BENCH PRESS

10-12 REPS X 3 SETS
REST: 60 SECONDS

Set up bench at 30 degree angle. Holding the barbell with hands shoulder width apart and palms facing towards ground. Lie down on bench and position barbell around chest height with elbows out wide. Ensure feet are placed shoulder width apart and flat on ground. From starting position, push the bar upwards. Pause at top of motion and then slowly lower back to starting position. Repeat.



EXERCISE 4

DB LATERAL RAISE

**10-12 REPS X 3 SETS
REST: 60 SECONDS**

Hold dumbbells in each hand. Slowly raise them up to the side until parallel to the floor. Keep a slight bend in your elbows. Pause at the top for 2 seconds before slowly lowering.



EXERCISE 5

DB BICEP CURL

**10-12 REPS X 3 SETS
REST: 60 SECONDS**

Hold a dumbbell in each hand. Keep your elbows close in to your sides and alternate sides, but avoid swinging. Focus on feeling each rep in the middle of your bicep.



EXERCISE 6

**CABLE ROPE
TRICEP EXTENSION**

**10-12 REPS X 3 SETS
REST: 60 SECONDS**

Stand with feet shoulder width apart. The rope should be set up at the top of the cable machine. Hold rope extension in either hand, the ball of rope should be around around eye level. Keeping your elbows locked into the side of your body, pull downwards and outwards with the rope. Pause when you are at base of extension, tense triceps and then return to starting position and repeat.



DAY THREE

LOWER BODY TWO

EXERCISE 1

SUMO DEADLIFT

10-12 REPS X 3 SETS
REST: 60 SECONDS

Stand with a wide stance with your toes pointing out to 45-degrees, and bend your knees while keeping your back as straight as possible to grip the bar. Pull it into your shin, sit back and down and ensure your chest is kept up. Using the power in your legs, raise the barbell by standing in an upright position. Bend your knees and lower yourself back to the starting position.



EXERCISE 2

GOOD MORNINGS

10-12 REPS X 3 SETS
REST: 60 SECONDS

Place a barbell on your back and stand with feet shoulder width apart. Maintain a straight back while you bend over from the hips and drive your hips and glutes back. Your chest should be brought down parallel to the ground. Thrust your hips forward to stand back up and squeeze your glutes for 2 seconds.



EXERCISE 3

BB BOOTY BAND GLUTE BRIDGE

10-12 REPS X 3 SETS
REST: 60 SECONDS

Hold the BB just below your hips, with the booty band looped around your legs just above your knees. Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact.



EXERCISE 4

**SINGLE LEG HIP
EXTENSION**

**10-12 REPS X 3 SETS
REST: 60 SECONDS**

Lie down on the ground and place the shoulders on a bench or similar, bend the knees and place the heels on the floor close to your glutes. Lift one leg and straighten it up towards the ceiling. Drive through the heel of the foot that remains on the floor to raise the hips, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact. Complete all reps on one leg then the other.



EXERCISE 5

**HEELS ELEVATED
GOBLET SQUAT**

**15 REPS X 3 SETS
REST: 60 SECONDS**

Hold a dumbbell or kettlebell under your chin, and place your heels on a weight plate. When you are squatting down, keep your knees in line with your big toe. Keep your chest up each rep to really work your upper back mobility. Ensure you are going below parallel for maximum glute/hamstring activation.



EXERCISE 6

**SWISS BALL
HAMSTRING CURL**

**20 REPS X 3 SETS
REST: 60 SECONDS**

Place heels on a swiss ball. Raise your hips so there is a straight line from shoulder to heel. Bend your knees to pull the ball towards your glutes. Squeeze for 2 seconds. Slowly straighten your legs while keeping hips up.



WEEK 1 - 2

DAY FOUR

LOWER BODY THREE

EXERCISE 1

BB HIP THRUST

10-12 REPS X 3 SETS
REST: 60 SECONDS

Lie with your back propped up against a bench and knees bent supporting your weight. Place a barbell on your hips (10-20kg to challenge yourself!). Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling. Pause at the top for 2 seconds before completing another repetition.



EXERCISE 2

BULGARIAN SPLIT SQUAT

10-12 REPS EACH SIDE X 3 SETS
REST: 60 SECONDS

Put one foot up behind you on a bench and drop down like a squat and back up. Pause at the bottom of the movement for 1 second. Drive back to the starting position by pressing through your front heel.



EXERCISE 3

ROUNDED BACK EXTENSIONS

10-12 REPS X 3 SETS
REST: 60 SECONDS

Bring your hips to the edge of the padding. Ensure feet are shoulder width apart on leg extension machine, quads are supported on padding. Round your shoulders, while keeping your back straight. Lower your torso towards the ground, ensuring core is engaged, and glutes are activated. Once at 90 degree angle, then slowly raise your torso back to starting position and repeat.



EXERCISE 4

DB STEP UP

10-12 REPS EACH SIDE X 3 SETS
REST: 60 SECONDS

Set up a step or bench (the higher this is the more glute activation). Step up with one leg by driving up with the heel of the raised leg. Alternate the leg you step up with each rep. As this gets easier, increase the weight of the dumbbells.



LEG PRESS HIGH AND WIDE

10-12 REPS X 3 SETS
REST: 60 SECONDS

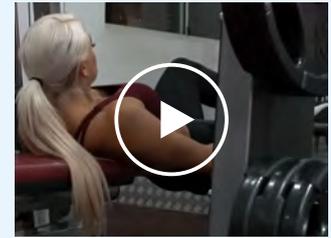
Lie back on the leg press machine. Ensure back is supported on padding, and core is engaged. Bring your feet wide and high of the leg press plate. Slowly lower the plate towards your body, ensure that your back doesn't arch when lowering into squat. Once in the squat position recruit your glutes and drive back to starting position. Ensure your knees don't lock at the top of the motion and repeat.



SINGLE LEG HIP EXTENSION

10 REPS EACH LEG X 2-3 SETS
REST: NONE

Lie down on the ground and place the shoulders on a bench or similar, bend the knees and place the heels on the floor close to your glutes. Lift one leg and straighten it up towards the ceiling. Drive through the heel of the foot that remains on the floor to raise the hips, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact. Complete all reps on one leg then the other.



BOOTY BAND HIP THRUSTS

10 REPS X 2-3 SETS
REST: NONE

Lie with your back propped up against a bench and knees bent supporting your weight, loop the booty band around the legs just above the knee. Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling. Pause at the top for 2 seconds before completing another repetition.



HIP THRUST HOLD ABDUCTIONS

10 REPS X 2-3 SETS
REST: NONE

Lie with your back propped up against a bench and knees bent supporting your weight, place booty band around the knees. Press through the heels and drive the hips up, at the top of the contraction press the knees outwards, expanding the band. Return the knees to parallel and drop the hips back towards the floor. This is one rep.



GLUTE BRIDGE

10 REPS X 2-3 SETS
REST: 60 SECONDS

Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact.



DAY FIVE

OPTIONAL HIIT & CARDIO

EXERCISE 1

HIIT SPRINTS (WALK FOR REST)

30 SECONDS X 10 SETS
REST: 30 SECONDS

Either outside or on a treadmill, sprint for the indicated period of time, then walk slowly for the indicated rest time.

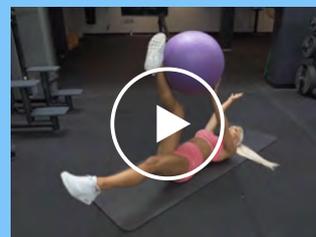


SUPERSET 2

DEAD BUGS

10 REPS EACH SIDE X 4 SETS
REST: NONE

Lie back on mat. Bring fitball to centre of body, and hold with both hands and feet. Keeping core engaged, lower one arm and opposite leg towards the mat. Once they both almost hit the mat, come back and repeat on other side. Make sure back stays flat to mat.



KNEE SQUEEZE TO DISH

20 REPS X 4 SETS
REST: NONE

Lie on mat and extend arms straight above head, and legs straight in front of you. Ensuring your core is engaged, lift your knees towards your chest and your torso off the mat simultaneously. Grab your knees and squeeze towards chest. From squeeze, release arms and legs and lower back onto mat.



BICYCLE LEGS

10 REPS EACH SIDE X 4 SETS
REST: NONE

Lying on the floor, flat back and core engaged. Bring your knees to 90 degree angle, "table-top" position. Place your hands on floor, or under lower back for support. From this position slowly lower one leg straight, and then pull back to chest. Repeat, alternating between left and right. Ensure your lower back does not arch off mat.



SQUEEZE EVERY- THING PLANK

45 SECONDS X 4 SETS
REST: 30 SECONDS

Bring your body into a plank position. Making sure your shoulders are over elbows, back is flat and feet together. Ensure your core is activated. Whilst in the plank position, think about "squeezing everything". Focus on pulling your abs in tight towards spine, glutes squeezing and lifting up and out of your shoulders.



WEEK 3 - 4

DAY ONE

LOWER BODY ONE

SUPERSET 1

BB BOX SQUAT

8 REPS X 4 SETS
REST: NONE

The box squat helps to strengthen your hips at the “sticking point”. Feet slightly outside shoulder width apart. Slowly lower to the box, then while keeping tension in your core and upper body relax your legs. When standing back up, drive through your heels.



DEFICIT CURTSY LUNGE

12 REPS X 4 SETS
REST: 60 SECONDS

Bring both feet onto weight plate. Hang dumbbells by side of body, facing towards your body. Step one foot backwards angling it across your body as you step backwards. Ensure when you lower down into “curtsy” position that your front knee does not hyperextend. From curtsy position, step the rear foot back to the front foot, and repeat on other side.



SUPERSET 2

BARBELL HIP THRUST 1 & 1/4 REP

10 REPS X 4 SETS
REST: NONE

Place your feet shoulder width apart with knees in line with heels, position shoulder blades on bench and centre of barbell rested on hip bone, with glutes hovering off ground. From starting position, drive your hips towards the roof, coming into a bridge position. Ensure back is flat and core is engaged. Pause at top of the motion and then lower 1/4 of the way before driving back up to the top. Slowly lower all the way back to the starting position. This is one rep.



BOOTY BAND HIP THRUSTS - TOP RANGE PULSES ONLY

12 REPS X 4 SETS
REST: 60 SECONDS

Lie with your back propped up against a bench and knees bent supporting your weight, loop the booty band around the legs just above the knee. Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling. Pulse in the top 1/4 of the movement for the specified number of reps.



**STIFF LEG DEADLIFTS
(TOES ELEVATED ON PLATE)****10 REPS X 4 SETS
REST: NONE**

Place a small plate under your toes. Let the bar travel straight down towards the ground. Drive hips and glutes back as you bend over. Thrust your hips forward as you come back up and squeeze your glutes at the top. Do not completely lock out legs, and only go as low as you can while keep your back straight.

**LEG PRESS****10 REPS X 4 SETS
REST: 60 SECONDS**

Place your feet high and wide on the platform. Bring your knees as far back towards your chest for deep glute activation. Drive through your heels until your legs are fully extended, but not locked out.

**DECLINE SIDE
LEG RAISES****20 REPS EACH SIDE X 4 SETS
REST: 60 SECONDS**

Lie on your side on a decline bench, with your head at the higher side. Bend your lower leg underneath you to support yourself, and straighten your top leg down the bench. Slowly raise and lower your top leg, working the outer glute.



SQUAT PULSES**30 SECS X 1 SETS**
REST: NONE

Pulse slightly up and down from the bottom position where you would normally stop your squat. Ensure you are pulsing above and below parallel. Keep weight in the base of your big toe AND your heel when pulsing.

**LATERAL WALK LEANING FORWARD****30 SECS X 1 SETS**
REST: NONE

Wrap the resistance band around your lower legs. Squat down until parallel keeping your legs pressed out against the band, and lean the torso forward 45 degrees. Take small steps one way for the required number of reps, then repeat in the opposite direction ensuring glutes are always engaged. Don't stand up between reps!

**BOOTY BAND CLAMS****30 SECS EACH SIDE X 1 SETS**
REST: NONE

Loop the band around the legs just above the knees and lie down on one side. Bend the knees to 90 degrees, bringing the heels towards your butt. Lift your top knee up to the ceiling, keeping the feet together. Pause at the top for 1-2 seconds and then return to start position. Repeat all reps on one side, then the other.

**IN & OUT SQUAT JUMPS****30 SECS X 1 SETS**
REST: NONE

Perform a squat jump with feet narrow, whilst in the air move the legs slightly wider and as you land move into a squat with feet in a wider position. Drive through the feet and jump, bringing the feet back into a narrower position, and repeat.

**BOOTY BAND KICKBACKS****30 SECS X 1 SETS**
REST: 60 SECONDS

Wrap the resistance band around both ankles. Slightly bend over and hold on to the frame for balance. Kick one leg back high with a straight leg. Pause at the top for 1 second and squeeze your glutes. Return to the starting position and repeat for the same leg.



WEEK 3 - 4

DAY TWO

UPPER BODY & CORE

SUPERSET 1

BB BENT OVER ROW

8 REPS X 4 SETS
REST: NONE

Hold a barbell with an overhand grip, hands slightly wider than shoulder width. Keep your elbows close in to your sides like a t-rex as you pull the bar up. Squeeze your shoulder blades together at the top for 2 seconds.



CHIN UPS

10-12 REPS X 4 SETS
REST: 60 SECONDS

Hold the bar with an underhand grip. Pull yourself up until your chin is above the bar and squeeze your elbows into your sides. Avoid swinging, use the assisted pull up machine if this is too difficult.



SUPERSET 2

ARNOLD PRESS

8 REPS X 4 SETS
REST: NONE

Hold dumbbells in each hand against your shoulders with underhand grip. Push the dumbbells towards the roof, internally rotating your hands as you do so. As you lower your arms, externally rotate them to finish in the start position.



FACE PULL

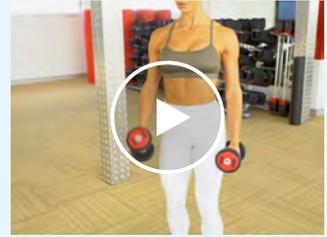
10-12 REPS X 4 SETS
REST: 60 SECONDS

Hold the rope attachment with a neutral grip. Slightly hinge your upper body forwards and have a strong split stance. Pull your hands towards your shoulders and squeeze for 2 seconds each rep.



**ALTERNATING
HAMMER CURLS****12-15 REPS X 4 SETS
REST: NONE**

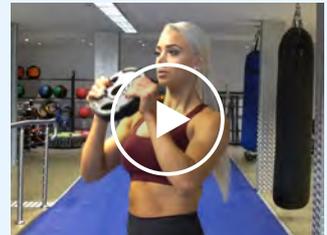
Hold a dumbbell in each hand. Keep your elbows close in to your sides and raise them one at a time. Lower until your arms are straight. Focus on feeling each rep in the middle of your bicep.

**TRICEP PUSHDOWN****12-15 REPS X 4 SETS
REST: 60 SECONDS**

Hold the bar with an overhand grip, hands shoulder width. Keep your elbows close to your sides and push the bar straight down hinging from your elbows - squeeze at the bottom for 2 seconds. Focus on feeling each rep in your triceps.

**PLATE CURL TO
OVERHEAD PRESS****15-20 REPS X 4 SETS
REST: 60 SECONDS**

Hold the plate with both hands and arms straight and down in front of the body. Bend the elbows and curl the plate up towards your collar bone, then press through the hands and extend the arms, lifting the plate directly up vertically overhead. Bend the elbows to bring the plate back to your chest and extend the elbows with control to return to start position.



DAY THREE

LOWER BODY 2

SUPERSET 1

HIP THRUST (INCREASE WEIGHT AS YOU DECREASE REPS)

15, 12, 8, 20 REPS X 4 SETS
REST: NONE

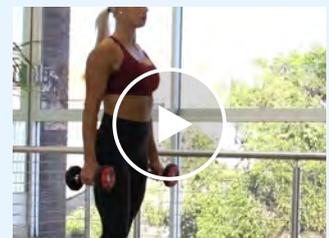
Lie with your back propped up against a bench and knees bent supporting your weight. Place a barbell on your hips (10-20kg to challenge yourself!). Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling. Pause at the top for 2 seconds before completing another repetition.



DB ALTERNATING LUNGES

8 REPS EACH LEG X 4 SETS
REST: 60 SECONDS

Holding dumbbells, take a long step forward with your left leg into a lunge and drop the back knee towards the ground. Make sure your front knee does not move past your toes. Drive out of your front heel and step back to the start. Alternate legs each rep.



SINGLE LEG DUMBBELL ROMANIAN DEADLIFT

10 REPS X 4 SETS
REST: NONE

Stand with feet together with one hand on support bar and the other holding dumbbell. The dumbbell should be in the same hand as supporting leg. From upright position, take one foot off the ground (same side as support) and lower the chest towards the ground. Keep a flat back, eye level tall and core engaged. Stop when your straight leg, hips and chest are in line with each other. Pause and then slowly move back to standing position.



HEELS ELEVATED GOBLET SQUAT BANDED

10 REPS X 4 SETS
REST: 60 SECONDS

Hold a dumbbell or kettlebell under your chin, and place your heels on a weight plate, with the booty band around the legs just above the knees. When you are squatting down, keep your knees in line with your big toe. Keep your chest up each rep to really work your upper back mobility. Ensure you are going below parallel for maximum glute/hamstring activation.



STANDING CABLE ABDUCTION

12 REPS X 4 SETS
REST: NONE

Place the cable cuff around one ankle and stand with this leg away from the machine. Lift this leg outwards from the body, pause at the top and then return the leg to the midline of the body. You can hold on to the machine for stability if you need.



REVERSE HYPER FROGGIES

15 REPS X 4 SETS
REST: NONE

Lie face down on a bench, with your hips on the short edge. Start with your knees bent and feet together. Press your legs out and up, keeping a slight bend in the knee and squeezing your glutes. Return to this start position. This is one rep.



ELEVATED GLUTE BRIDGE (BOOTY BAND)

20 REPS X 4 SETS
REST: 60 SECONDS

Place your heels on a bosu ball, and wrap the booty band just above your knees. Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, externally rotate your knees further to put more pressure on the band.



DAY FOUR

LOWER BODY THREE

SUPERSET 1

SUMO DEADLIFT

8 REPS X 4 SETS
REST: NONE

Stand with a wide stance with your toes pointing out to 45-degrees, and bend your knees while keeping your back as straight as possible to grip the bar. Pull it into your shin, sit back and down and ensure your chest is kept up. Using the power in your legs, raise the barbell by standing in an upright position. Bend your knees and lower yourself back to the starting position.



REVERSE HACK SQUAT

8 REPS X 4 SETS
REST: 60 SECONDS

Stand with the front of the body facing the hack squat machine, and the padding pressing down on the shoulders so you are leaning slightly forward. Press through the legs to perform a squat, ensuring the knees are not locked out at extension.

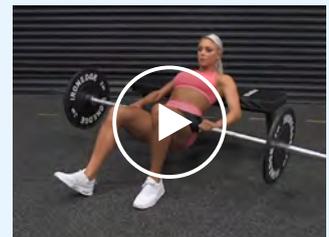


SUPERSET 2

B STANCE BARBELL HIP THRUST

5 REPS EACH LEG X 4 SETS
REST: NONE

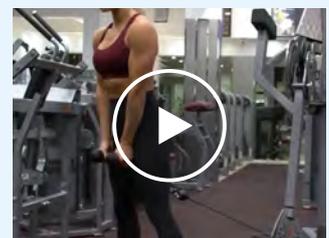
“Place your feet shoulder width apart, position shoulder blades on bench and barbell rested on hip bone, with glutes hovering off ground. Extend one leg slightly forward and weight in heel. Extended legs foot should be pointed slightly outwards. From starting position, slowly lift hips towards the roof, stopping at bench height. Pause at top of bridge and then slowly lower downwards. Ensure glutes don't hit the ground and repeat the motion. Switch legs each set, OR complete half of the reps on each leg per set. “



CABLE ROPE PULL THROUGH

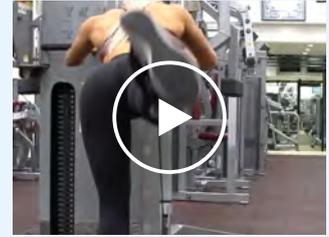
10 REPS X 4 SETS
REST: 60 SECONDS

Hold the rope attachment with a neutral grip and neutral stance. Thrust your hips forward to come up - squeeze your glutes at the top for 2 seconds. Slowly push your hips and glutes back as you bend to return to the start. Focus on keeping weight through heels.



CABLE KICKBACK**12 REPS EACH LEG X 4 SETS**
REST: NONE

Start by attaching your foot into a low cable strap. Take a couple of steps back, slightly bend over and hold on to the frame for balance. With the leg that has the cable strap attached, kick back high with a straight leg. Pause at the top for 1 second and squeeze your glutes. Return to the starting position.

**ABDUCTOR MACHINE LEANING BACK****10 REPS X 4 SETS**
REST: NONE

Lean back and push your butt back into the seat to help engage your glutes. Focus on holding as wide as possible for 2 seconds each rep, and slowly come back to the start.

**ABDUCTOR MACHINE UPRIGHT****10 REPS X 4 SETS**
REST: NONE

Sit up tall with your back off the seat to help engage your glutes. Focus on holding as wide as possible for 2 seconds each rep, and slowly come back to the start.

**ABDUCTOR MACHINE LEANING FORWARD****10 REPS X 4 SETS**
REST: 60 SECONDS

Lean forward resting your arms on the machine, and push your feet downwards in the holders as much as possible to help engage your glutes. Focus on holding as wide as possible for 2 seconds each rep, and slowly come back to the start.



**KNEE BANDED
GOBLET SQUAT****10 REPS X 4 SETS
REST: NONE**

Hold a dumbbell or kettlebell under your chin, wrap the booty band around the legs just above the knees. When you are squatting down, keep your knees in line with your big toe. Keep your chest up each rep to really work your upper back mobility. Ensure you are going below parallel for maximum glute/hamstring activation.

**BB HIP THRUST
(BOOTY BAND)****20 REPS X 4 SETS
REST: NONE**

Wrap the booty band just above your knees. Lie with your back propped up against a bench and knees bent supporting your weight. Place a barbell on your hips (10-20kg to challenge yourself!). Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling, while keeping your knees pressed out to keep resistance on the band. Pause at the top for 2 seconds before completing another repetition.

**SEATED ABDUCTION
(BOOTY BAND)****30 REPS X 4 SETS
REST: 60 SECONDS**

Sit on a bench or similar with the torso upright and the booty band looped around the legs just above the knees. Place the feet no wider than hip width, keeping the feet still press the knees out wide, pause and then return to start position with control.



DAY FIVE

OPTIONAL HIIT & CARDIO

EXERCISE 1

HIIT SPRINTS (WALK FOR REST)

40 SECONDS X 12 SETS
REST: 20 SECONDS

Either outside or on a treadmill, sprint for the indicated period of time, then walk slowly for the indicated rest time.



SUPERSET 2

DEAD BUGS SHOULDERS RAISED

12 REPS EACH SIDE X 4 SETS
REST: NONE

Lie back on mat. Bring legs straight into the air, hover shoulders and reach hands to feet. Keeping core engaged, lower one arm and opposite leg towards the mat. Once they both almost hit the mat, come back and repeat on other side. Make sure back stays flat to mat.



DISH TO BICYCLE

12 REPS EACH SIDE X 4 SETS
REST: NONE

Come into a hovering dish position. Shoulders lifted and knees at table top. Your lower back should be supported on the mat and core engaged. Bring your hands behind your head and elbows out wide. Reach one elbow across to opposite side of body, and extend opposite leg. Come back to starting position and repeat on other side. Continue alternating between sides.



BICYCLE SHOULDERS

12 REPS EACH SIDE X 4 SETS
REST: NONE

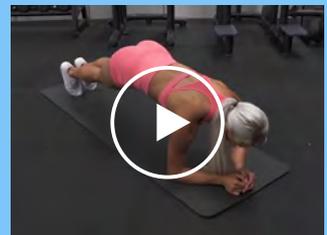
Lying on the floor, flat back and core engaged. Bring your knees to 90 degree angle, "table-top" position. Bring your elbows out wide, and gently rest hands behind head. Reach one elbow across body to knee, and alternate between left and right.



PLANK + HIP DROP

10 REPS EACH SIDE X 4 SETS
REST: 30 SECONDS

Bring body into plank position. Shoulders over elbows, back flat, core engaged and feet together. From plank position, slowly lower one hip towards the mat. Almost hit the mat and then rotate back to centre. Pause in centre and repeat on other side. Ensuring that when you are dropping hip to mat that obliques are connecting in the motion.



DAY ONE

LOWER BODY ONE

SUPERSET 1

BACK SQUATS

6-8 REPS X 4 SETS
REST: NONE

Focus on heavy weights with good form. Feet slightly outside shoulder width apart. Ensure you are going below parallel for maximum glute/hamstring activation. Wide stance will help utilise your glutes and posterior chain as opposed to your quads.



BACKWARD STEP ALTERNATING DEFICIT LUNGES

6-8 REPS EACH LEG X 4 SETS
REST: 60 SECONDS

Start with both feet together on large weight plate. Bring dumbbells with palms facing towards you to side of body. From starting position step one foot behind you, and bring your knee into a 90 degree angle. From the lunge position, then step your foot back onto plate. Repeat on other side and alternate between left and right.



BB ROMANIAN DEADLIFT 3 SEC ECCENTRIC

8 REPS X 4 SETS
REST: NONE

Neutral stance holding the barbell. Drive hips and glutes back as you bend over, taking 3 seconds to descend. Thrust your hips forward as you come back up and squeeze your glutes at the top. Do not completely lock out legs.



LEG PRESS HIGH AND WIDE STANCE 1 & 1/4 REPS

8 REPS X 4 SETS
REST: 60 SECONDS

Lie back on the leg press machine. Ensure back is supported on padding, and core is engaged. Bring your feet wide and high of the leg press plate. Slowly lower the plate towards your body, ensure that your back doesn't arch when lowering into squat. Once in the squat position recruit your glutes and, push back 1/4 of the way, then lower back to base of squat. From base of squat drive back to starting position. Ensure your knees don't lock at the top of the motion and repeat.



BB BOOTY BAND GLUTE BRIDGE

12 REPS X 4 SETS
REST: 60 SECONDS

Hold the BB just below your hips, with the booty band looped around your legs just above your knees. Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact.



DB WALKING LUNGES

12 REPS EACH LEG X 3 SETS
REST: 60 SECONDS

Holding dumbbells, take a long step forward with your left leg into a lunge and drop the back knee towards the ground. Make sure your front knee does not move past your toes. Drive out of your front heel to stand up and bring your back leg forwards. Alternate legs each step.



**BB HIP THRUST
(BOOTY BAND)****20 REPS X 2 SETS
REST: NONE**

Wrap the booty band just above your knees. Lie with your back propped up against a bench and knees bent supporting your weight. Place a barbell on your hips (10-20kg to challenge yourself!). Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling, while keeping your knees pressed out to keep resistance on the band. Pause at the top for 2 seconds before completing another repetition.

**SEATED ABDUCTION
(BOOTY BAND)****20 REPS X 2 SETS
REST: NONE**

Sit on a bench or similar with the torso upright and the booty band looped around the legs just above the knees. Place the feet no wider than hip width, keeping the feet still press the knees out wide, pause and then return to start position with control.

**SQUAT HOLD
TO ABDUCTOR****20 REPS X 2 SETS
REST: NONE**

Bring booty band to above knees. Place your feet shoulder width apart. Lower down to squat position, keeping chest upright core engaged. Staying in squat hold hover. In this position gently pull knees inwards and outwards. Keeping resistance on the booty band.

**GLUTE BRIDGE
HOLD MARCHES****30 SECONDS X 2 SETS
REST: 60 SECONDS**

Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Hold at the top of the bridge and lift one foot off the ground, keeping the hips level as you do so Replace this foot and repeat with the other leg. Lower hips once all reps are complete.



WEEK 5 - 6

DAY TWO

UPPER BODY

SUPERSET 1

STANDING DB SHOULDER PRESS

10 REPS X 4 SETS
REST: NONE

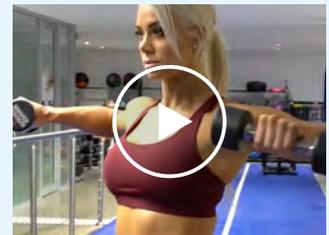
Hold dumbbells in each hand against your shoulders with an overhand grip. Push the dumbbells towards the roof, then slowly lower them until your elbows are at 90-degrees.



POLIQUIN RAISE

12 REPS X 4 SETS
REST: 60 SECONDS

Curl the dumbbells up to 90 degrees. Lift your elbows until they are parallel to the floor. Extend your elbows and pause for 2 seconds before slowly lowering down with straight arms to your sides.



SUPERSET 2

SEATED ROW 1 & 1/4 REPS (HANDLE BAR)

10 REPS X 4 SETS
REST: NONE

Sit with feet shoulder width apart on the machine. Hold the handle bars between each hands, with palms facing towards each other. Slightly tilt back from the hips, keeping a straight back and core engaged. Draw the handle bar towards the belly button. Focusing on drawing the shoulder blades together as you pull towards you. When the handle bar is drawn in, release 1/4 rep, and then pull back towards body. Then extend your arms back to starting position, without losing tension on the cable.



CABLE STRAIGHT BAR PULLDOWN

12 REPS X 4 SETS
REST: 60 SECONDS

Hold the bar with an overhand grip, hands shoulder width. Keep your arms straight and push the bar straight down towards your hips - squeeze at the bottom for 2 seconds. Focus on slow transitions each rep, controlling with your lats and upper back.



**DUMBBELL
OVERHEAD PRESS****10 REPS X 4 SETS
REST: NONE**

Set up upright bench. Sit with back supported and feet placed shoulder width apart on the ground. Holding the dumbbells pronated (palms facing away from body), bring weights to above shoulders (about in line with top of head), elbows should be in line with shoulders. From starting position raise your hands upwards, just before the two dumbbells meet, pause and then slowly lower back to starting position.

**DUMBBELL REAR
DELT FLY****12 REPS X 4 SETS
REST: 60 SECONDS**

Place feet shoulder width apart and slightly bend at the hips. Hips and torso should almost be aligned. Keep back straight, core engaged, and eye level tall. Dumbbells start hanging by the side of the body. From starting position, fly your arms out to the side of your body. Stopping when in line with torso. Focus on leading with your elbows, keeping a soft curve in the arm and slowly draw the shoulders together. Pause at the top and then slowly lower back to starting position.

**DB BICEP CURLS****15 REPS X 4 SETS
REST: NONE**

Hold a dumbbell in each hand. Keep your elbows close in to your sides and alternate sides, but avoid swinging. Focus on feeling each rep in the middle of your bicep.

**TRICEP KICKBACKS****10 REPS X 4 SETS
REST: 60 SECONDS**

Keep your supporting arm straight and engaged. Make sure your back stays neutral and your core/glutes are always on. Focus more on form and hinging from your elbow instead of weight - you want to feel a solid contraction in your tricep each rep.



DAY THREE

LOWER BODY TWO

SUPERSET 1

HIP THRUST TRIPLE CONTRACTION

10 REPS X 4 SETS
REST: NONE

Lie with your back propped up against a bench and knees bent supporting your weight. Press through the heels and drive the hips up, pause at the top of the contraction, lower the hips slightly for a 1/4 rep, then press back up to full hip extension, and repeat. Drop the hips back towards the floor, this is one rep.



SINGLE LEG LYING LEG CURL

10 REPS X 4 SETS
REST: 60 SECONDS

Curl the bar up towards your glutes using one leg. Concentrate on hamstring contraction and time under tension. This movement is most effective when it is controlled with each repetition. Focus on the squeeze of your glutes and contraction of your hamstring with each rep. Maintain constant tension. Do not lay all the way down, slightly arch up on your elbows. Feet inward and pointed upwards. Complete all reps on one leg, then the other leg.



SUPERSET 2

ALTERNATING DEFICIT CURTSY LUNGE

12 REPS EACH LEG X 4 SETS
REST: NONE

Bring both feet onto weight plate. Hang dumbbells by side of body, facing towards your body. Step one foot backwards angling it across your body as you step backwards. Ensure when you lower down into "curtsy" position that your front knee does not hyperextend. From curtsy position, step the rear foot back to the front foot, and repeat on other side.



DB SINGLE LEG DEADLIFT

12 REPS X 4 SETS
REST: 60 SECONDS

Holding a DB in each hand, allow the arms to hang by your sides. Transfer your weight to one leg, then hinge the hips back, simultaneously lifting the back leg upwards, ensuring it stays straight, and hinging the torso forward. Pause and then return to starting position, complete all reps on one side, then the other side.



CABLE KICKBACK**10 FULL REPS, 10 PULSE
REPS X 4 SETS
REST: NONE**

Start by attaching your foot into a low cable strap. Take a couple of steps back, slightly bend over and hold on to the frame for balance. With the leg that has the cable strap attached, kick back high with a straight leg. Pause at the top for 1 second and squeeze your glutes. Return to the starting position.

**SEATED ABDUCTION
(BOOTY BAND)
(2 SEC PAUSE AT
TOP OF EACH REP)****15 REPS X 4 SETS
REST: NONE**

Sit on a bench or similar with the torso upright and the booty band looped around the legs just above the knees. Place the feet no wider than hip width, keeping the feet still press the knees out wide, pause and then return to start position with control.

**ELEVATED GLUTE
BRIDGE (BOOTY BAND)****15 REPS X 4 SETS
REST: 60 SECONDS**

Place your heels on a bosu ball, and wrap the booty band just above your knees. Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, externally rotate your knees further to put more pressure on the band.



DAY FOUR

LOWER BODY THREE

SUPERSET 1

DB SINGLE LEG DEADLIFT

12 REPS X 4 SETS
REST: NONE

Holding a DB in each hand, allow the arms to hang by your sides. Transfer your weight to one leg, then hinge the hips back, simultaneously lifting the back leg upwards, ensuring it stays straight, and hinging the torso forward. Pause and then return to starting position, complete all reps on one side, then the other side.



ROUNDED BACK EXTENSIONS

15 REPS X 4 SETS
REST: 60 SECONDS

Bring your hips to the edge of the padding. Ensure feet are shoulder width apart on leg extension machine, quads are supported on padding. Round your shoulders, while keeping your back straight. Lower your torso towards the ground, ensuring core is engaged, and glutes are activated. Once at 90 degree angle, then slowly raise your torso back to starting position and repeat.



HEELS ELEVATED GOBLET SQUAT BANDED

15 REPS X 4 SETS
REST: NONE

Hold a dumbbell or kettlebell under your chin, and place your heels on a weight plate, with the booty band around the legs just above the knees. When you are squatting down, keep your knees in line with your big toe. Keep your chest up each rep to really work your upper back mobility. Ensure you are going below parallel for maximum glute/hamstring activation.



CABLE ROPE PULL THROUGH

15 REPS X 4 SETS
REST: 60 SECONDS

Hold the rope attachment with a neutral grip and neutral stance. Thrust your hips forward to come up - squeeze your glutes at the top for 2 seconds. Slowly push your hips and glutes back as you bend to return to the start. Focus on keeping weight through heels.



SMITH MACHINE HIP THRUSTS

**10 FULL RANGE REPS, 10 TOP
RANGE PULSE REPS X 4 SETS**
REST: NONE

Lie with your back propped up against a bench and knees bent supporting your weight. Place bar on your hips (10-20kg to challenge yourself!) and unrack the bar. Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling. Pause at the top for 2 seconds before completing another repetition.



ELEVATED DB SUMO SQUAT

15 REPS X 4 SETS
REST: 60 SECONDS

Stand with a plate under each foot or on 2 benches, and as you get more advanced progress to benches. Important to keep your glutes and core engaged focusing on form and range of motion instead of weight. The purpose of this exercise is to go slightly lower than you can normally.



FROG PUMPS

50 REPS X 2 SETS
REST: 60 SECONDS

Lie on your back with your legs bent, bring soles of feet together and let the knees drop out wide. Press through the feet and lift the hips up towards the ceiling, pause at the top and lower with control.



FIRE HYDRANTS (BOOTY BAND)

15-20 REPS X 1 SET
REST: NONE

Kneel on hands and knees with the booty band looped around the legs just above the knees. Lock out your shoulders and core and lift one leg out to the side as high as you are able without letting the hips shift position, maintaining the bend in the knee. Pause at the top and lower the leg back to start position, complete all reps on one leg and then swap sides.



GLUTE BRIDGE HOLD MARCHES

15-20 REPS X 1 SET
REST: NONE

Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Hold at the top of the bridge and lift one foot off the ground, keeping the hips level as you do so. Replace this foot and repeat with the other leg. Lower hips once all reps are complete.



PLANK TOE TAPS (BOOTY BAND)

15-20 REPS X 1 SET
REST: NONE

Assume the plank position with a booty band looped around legs either above the knees (easier) or around the ankles (difficult). Bracing the core and mid section, step one foot out to the side and back to the middle, then repeat on the other leg.



DONKEY KICKS

15-20 REPS X 1 SET
REST: NONE

Get on your hands and knees with your wrists aligned under your shoulders and knees under hips. Lift your left leg parallel to the floor with your knee bent and foot flexed. Slowly return to the starting position and repeat for same side.



BOOTY BAND BOX SQUAT TO JUMP

15-20 REPS X 1 SET
REST: NONE

Bring booty band to above knees. Place your feet shoulder width apart. Lower down to squat position, keeping chest upright core engaged. Let the glutes tap the bench for a second, and then explosive jump up. Making sure resistance is kept on the band and knees are gently pulled outwards.



WEEK 5 – 6

DAY FIVE

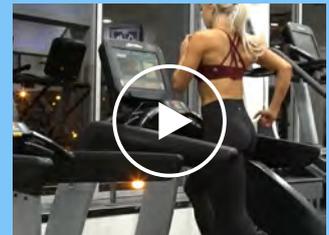
OPTIONAL HIIT & CARDIO

EXERCISE 1

HIIT SPRINTS (WALK FOR REST)

40 SECONDS X 15 SETS
REST: 20 SECONDS

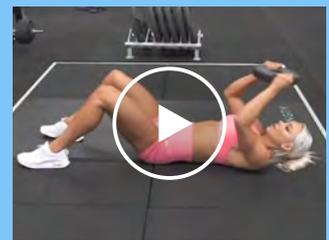
Either outside or on a treadmill, sprint for the indicated period of time, then walk slowly for the indicated rest time.



SIT UP TO PLATE RAISE

15 REPS X 4 SETS
REST: NONE

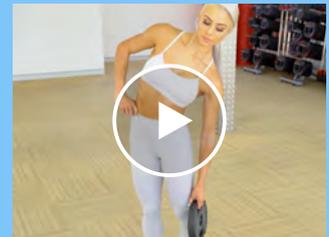
Bring feet shoulder width apart, flat on the ground. Lower back onto the mat and weight plate straight above head. Engage core and plant feet firmly on ground. From base position roll shoulders off the mat and reach weight towards the roof. Once at top of the exercise, slowly lower back to starting position.



OBLIQUE PLATE CRUNCHES

12 REPS EACH SIDE X 4 SETS
REST: NONE

Hold a weight plate in 1 arm. Slowly lower to the same side you are holding the weight plate, keeping it close to your leg. Pause at the bottom for 1 second before using your obliques to lift back up to the start. Keep your core engaged the whole time. Complete the same amount of reps on the other side.



MOUNTAIN CLIMBERS

30 REPS EACH SIDE X 4 SETS
REST: NONE

Assume the push up position, stabilise the core and lift one leg, bringing the knee in towards the chest, then extend back out to start position. Repeat on the other leg.



PLANK SINGLE LEG LIFTS

12 REPS EACH LEG X 4 SETS
REST: 30 SECONDS

Start from a strong plank shape each rep. Lift your leg as high as you can without twisting your hips, and alternate legs each time. If you start to find this easy, straighten your arms while performing each rep.



SUPERSET 2



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Home Program

POWER BOOTY

6 WEEK PROGRAM



ABOUT ME |—————

I started my fitness journey like many other women, with an insatiable desire to improve myself, but without much knowledge of how to go about it. For a few years I was employing ineffective, detrimental training and nutrition strategies, but gradually this changed. After several years in the fitness industry as a coach, and athlete, I can now look back and see where some of my methods were potentially harmful in the pursuit of my goals. Today, I am just as passionate about self improvement, but I am also driven to help other women all over the world achieve their goals the smart way, not at the expense of their health and happiness.

I personally follow a flexible dieting strategy that allows me to enjoy foods that support my health and my goals the majority of the time, with some room for more indulgent foods every now and then. I no longer feel guilty or beat myself up if I have something that I used to consider 'bad' and this strategy has seen me compete as a powerlifter, athlete and even helped me achieve my World Bikini Champion title. I have passed my knowledge and experience, with the support of my LSF team, on to thousands of girls from all over the world and all walks of life. And it is one of my greatest joys watching them transform their lives both mentally and physically.



ABOUT LSF |—————

As a coach, my core beliefs revolve around mindset, consistency, and discipline. With the correct training & nutrition, I was able to transform my shape. If I can do it, you can too! Over the past few years, I have helped thousands of women discover their inner strength and transform their lives. I do not sell unsustainable programs that get you shredded fast, rather, I preach the value of lifestyle change, empowerment through education and movement, and creating healthy habits that will last you a lifetime.

At Lauren Simpson Fitness, we believe that knowledge is power. You can find a coach that will write you a meal plan and put you through workouts, however this will leave you with little to no actual health and fitness knowledge once your partnership has ended. This is why I ceaselessly research, work with knowledgeable

coaches in the industry and have a team of experts in my corner - so that I can learn from each of these and translate the information to my clients in a way that they can implement into their lives!

Ladies (and gentlemen of course!), I want you to join me in an effort to break the stereotype that strong women are bulky and masculine. I wanted to create something with LSF that uplifts each and every one of my clients. By teaching you the reasoning behind my programming, I can show you that lifting is feminine, sexy and empowering. Throughout my programs and challenges, my clients see mindset changes, as well as physical changes. My focus is to help you improve your physical strength, mental strength, knowledge and confidence. And I believe that all of this is achievable through the avenue of strength training!

THE POWER BOOTY PROGRAM |

This 6 week program was designed to help you activate, strengthen and shape your glutes. I have worked hard over the last few years to be educated in all things training, but in particular, I have been focusing on the glutes, as this is an area I have wanted to improve personally. You will see that my own fitness journey has allowed me to drastically improve my booty, and I know for so many people out there this is a huge focus and motivator.

When it comes to glutes I have been asked countless times 'what is the best way to grow them?'. High or low repetitions? Compound or isolation exercises? However, there is no single method that works best for everyone. This program aims to target all the pathways when it comes to glute-building, work in a variety of rep ranges, use different loads, exercises and tempos. After utilising all these methods you will be able to ultimately see which your body respond to best.



ZERO | 2019

You will learn how to activate your glutes with resistance bands and utilise mind muscle connection cues, hit your muscles under heavier load, but walso burn them out with some of my favourite high rep glute finishers. The variety in this program ensures we are hitting all 3 key muscles that make up our glutes, it with work them from different angles and ranges of motion.

As you read on, you will see that there is more to glute gains than kickbacks and booty bands. There are so many different tactics you can employ to improve your glute strength and shape, and I aim to not only show you how, but also why! This program can suit different goals, including those looking for glute activation, glute hypertrophy (or growth), strength, a more hourglass figure, or can be used as inspiration to create more of a glute emphasis with your pre-existing program.

The purpose of this program is to:

1. Increase glute activation and mind muscle connection
2. Increase glute strength
3. Increase tone and shape in the glutes and surrounding muscle
4. Invigorate and challenge your lower body training
5. Educate you on the key concepts surrounding targeted glute training.

I hope that you enjoy this Power Booty program and that it helps you to reach your glute goals! I love to see how all of the information I put out there can change lives for the better, so ensure that you share your transformations and feedback with me!

Love Lauren xoxo

THE SCIENCE BEHIND YOUR GLUTES

The scientific name for your booty is gluteus and it has the potential to be the strongest muscle in the body! But for many people, the glutes are simply not living up to their potential. The gluteus is made up of three muscles and covered by a layer of fat just under the skin.

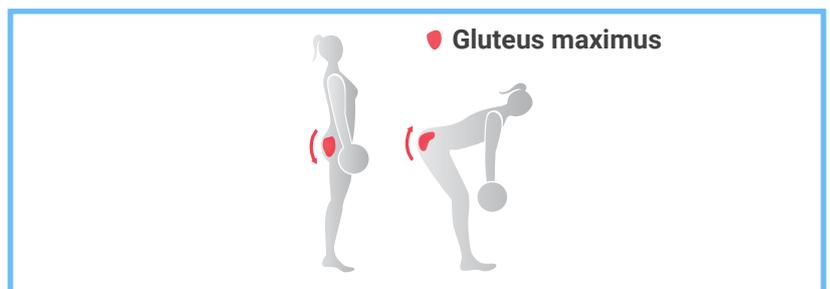
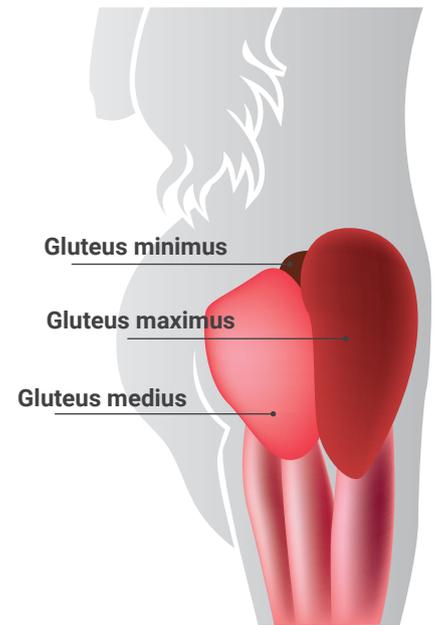
The 3 gluteal muscles you need to know are:

1. Gluteus maximus
2. Gluteus medius
3. Gluteus minimus.

The gluteal muscle group forms a strong foundation for our bodies, as it's connected to our upper body, core and lower body. They enable you to perform almost all movements at your hip and leg joints. The gluteus maximus controls the forward/backward motion of your pelvis, whereas the medius controls the sideways motion.

The gluteus muscles are not only important to our body composition and aesthetics but they are the major muscles used in many everyday and athletic activities.

They are:



- Used to abduct (move away from the midline of the body)



- Extend and externally rotate the hips.



- This makes them the key driver for many power-dominant movements, such as sprinting.

While exercises like squats and deadlifts will be sure to hit your gluteus maximus, we also need to strengthen the smaller, stabiliser muscles in this area by performing isolation exercises such as the glute bridge. Gaining strength in your medius and minimus will increase muscle activation and your range of motion through your hips. This is crucial to being able to lifting heavy, avoiding injury and helping to help shape a well-proportioned booty!

While a lot of girls (myself included) aren't genetically blessed with a perky behind, the good news is that, the gluteals are muscles - and muscle grows from resistance training, so time to forget about doing endless hours of cardio! The myth that girls who lift heavy weights and eat enough food are 'bulky' is so outdated and we need to start realising that it is exactly that - a myth!

THE KEYS TO BUILDING MUSCLE

When we lift weights, or perform challenging exercises our muscles are actually damaged on a microscopic level, sometimes this can result in DOMS (or delayed onset muscle soreness). In the recovery period after your training session, the body gets to work on repairing this damage and if adequate recovery is provided, then the fibers that are repaired become increasingly stronger and larger. This is how our muscles 'grow' or how we achieve hypertrophy.

The thing with muscle growth is that if you don't use it, you will lose it! This means that as the muscles grow and recover from the load or stress they are being exposed to, they ADAPT. This adaptation process is what we want, however it means that to continue to challenge your muscles in order to cause that hypertrophy response, you need to continually INCREASE THE STRESS they are being exposed to. This is where progressive overload comes in...

PROGRESSIVE OVERLOAD

So what does this mean? It simply refers to doing more over time. You need to place increasing demands on the body in order for it to change. There are several different ways to achieve progressive overload in your training, and the methods used will be specific to the individual, based on their experience, their goals and their individual anatomy.

It is important to note that before you move your training focus to increasing the challenge your muscles are

facing, it is imperative that you have your technique dialed. Don't get me wrong, there will ALWAYS be room for improvement when it comes to technique, myself included. You need to ensure you are lifting SAFELY before making things harder, as increasing weight or difficulty of the exercise can put you at increased risk of injury. If your technique is not good, you will most likely not be getting the most out of your training, and the exercises you are using may not be working your muscles the way they are supposed to.

WAYS TO ACHIEVE PROGRESSIVE OVERLOAD:



Add weight or resistance to your lifts



Utilise more challenging exercises



Decrease your rest periods



Increase your sets, reps or volume



Increase training frequency

The challenge when it comes to strength training is finding the balance between progressive overload, and recovery. It may sound like increasing training, resistance, sets and reps are all better, but if the body is overloaded too heavily or quickly your ADAPTATION WILL BE IMPAIRED. This means you will not get the

optimum results for the effort you are putting in. The Power Booty Program is written with optimum recovery in mind, however as we are all at different stages in our training journey and are of varying training experience, the correct rate of progressive overload for you is unique.

MIND MUSCLE CONNECTION AND GLUTES

The mind muscle connection is another important strategy in strength training, and refers to how well your brain and muscles communicate with one another. Any movement you do starts with your brain sending a message to your muscles to contract. For many of us, the awareness of what our muscles are actually doing is very limited, however this can be trained and improved. The outcome will result in improved activation in the muscles that you are focussing on, which in the long term will lead to increased growth and strength.

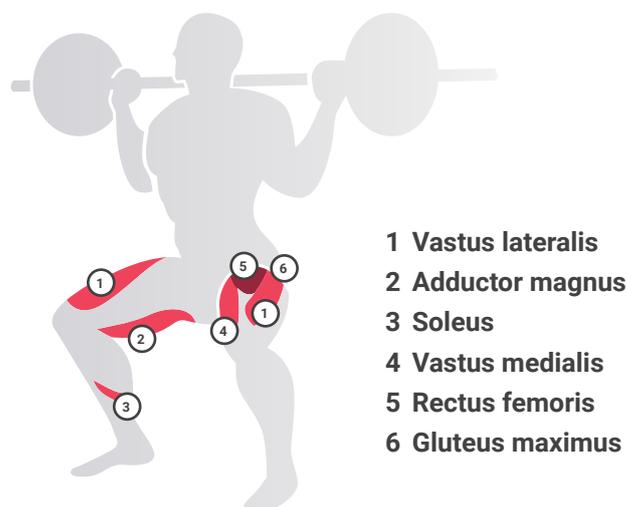
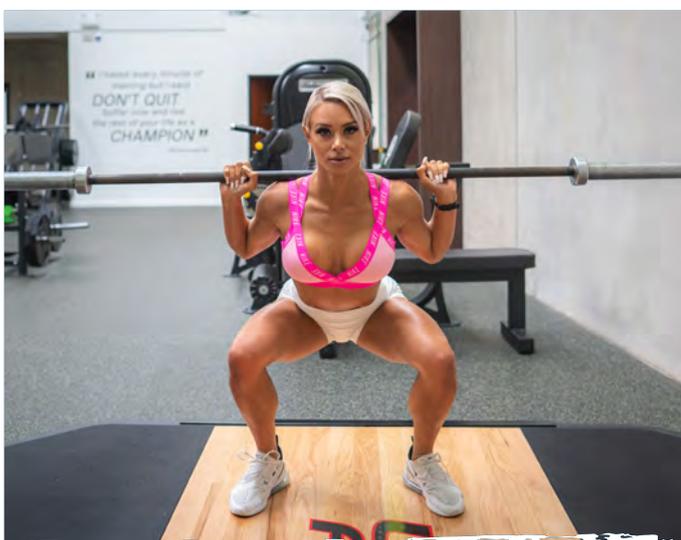
This concept is particularly relevant to the glutes as they can be a sleepy / dormant muscle that is difficult to feel for many people, and are often dominated by other, surrounding muscles. To maximise your glute development it is important to work on your mind muscle connection so that you're working the right muscles and so that in isolation they are being stressed during the movement, therefore allowing them to grow bigger and stronger.

To put the concept of mind muscle connection into context, think of this scenario: the squat is a compound movement and it works your quads, ham-

strings, glutes and even total posterior chain. If you have weaker muscles or aren't activating the primary muscle group effectively, then other muscles may take over. Most exercises incorporate many different muscle groups - it's difficult to isolate a single muscle, especially if your brain and muscles are not communicating and you are not dialed in to what is happening in that exact muscle.

Below are some strategies you can use to help improve your mind muscle connection, and not only improve your glute activation, but overall muscle activation during training:

1. Walk before you run: take things back to the basics and concentrate on mastering the fundamentals of mind muscle connection. This could mean significantly decreasing resistance so you can concentrate on technique and feeling the muscle in isolation.
2. Use bands: resistance bands can be effective not only in your initial activation routines and warm up, but also during the workout, as they can act as a physical cue and add slightly more resistance to the exercise. e.g. adding a band around your knees during a hip thrust. Using bands when performing glute-specific exercises adds resistance to your

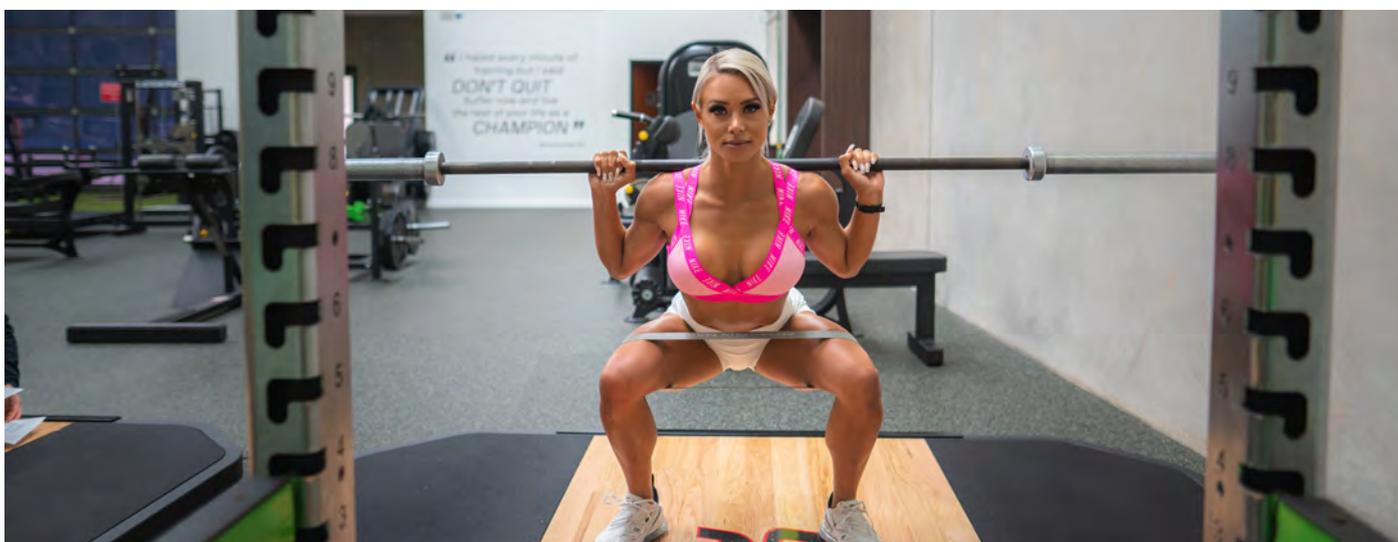
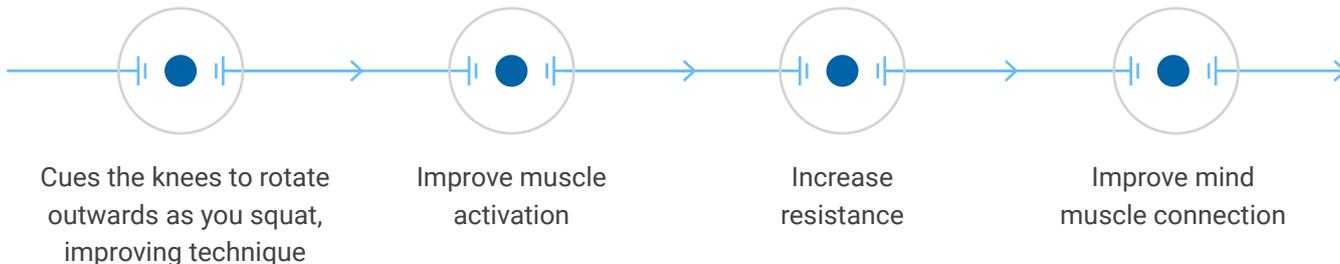


external rotators, aka outer glutes. In this scenario it cues you to push out against the band which triggers more glute activation.

3. Utilise paused reps: something as simple as a pause at the peak contraction of the exercise will allow you to accentuate the squeeze. You will find a lot of paused reps in your program.

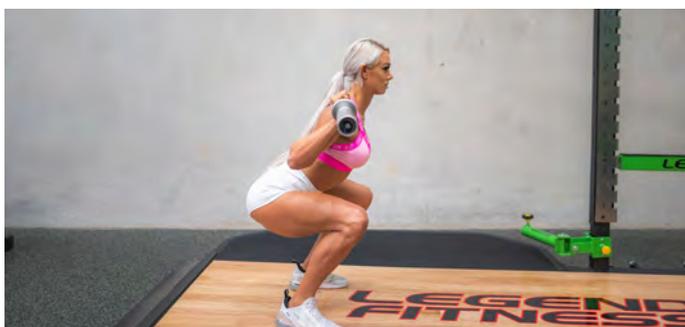
4. Visualise: you cannot see your glutes when you workout so you need to visualise the target muscle, as well as contracting it with each rep.

5. Frequency: the more you do something, the better you will become and the more natural it will feel to you. It's like any skill - the more you practice, the better you will be.



THE KEY LIFTS FOR YOUR GLUTES

SQUAT



The squat is a compound lift, meaning that it not only works your glutes but also your hamstrings and quads. Although we all want to grow our booty, neglecting

the other main muscles in your legs will likely result in injury, imbalances and a slower glute growth rate too. The perfect squat is going to look different on everyone depending on the length of their limbs, their mobility and many other factors.

This movement starts with the hinging of your hips, followed by the knees as you squat down as far as your mobility will allow. Ensure that you are opening up your hips, and keeping the knees out as you initiate the movement. The glutes will be under their most amount of tension in the bottom of your squat, meaning that when you are in this position they will be most engaged (there is no need to squeeze your glutes at the top of the lift).

DEADLIFT



A deadlift works your entire posterior chain, meaning it engages your hamstrings, glutes and your back muscles. Keeping your core muscles engaged is im-

portant, especially using a heavier load, so that we have a strong base for the lift. The spine should not be flexed or extended, it should be neutral (meaning a flat back).

The goal is to move the bar in a straight line from the floor to the end position, so begin the movements with the bar closer toward your shins. The hips are quite low in the start position of your deadlift, however this position will once again change from person to person depending on your body. Think about your shoulders moving back and down, toward your back pockets to engage the back muscles and keep the bar close to your body. Keeping the knees out, push through the floor as you perform the deadlift.

HIP THRUST



The hip thrust is one of the most popular exercises for the glutes, and there is definitely a reason why! This movement is a great way to put your glutes under substantial load, while still executing it safely.

For this exercise you will generally be using a loaded barbell across your hips, with your shoulders elevated on a step or bench. This increases the range of move-

ment further than a glute bridge (where your shoulders are on the floor). When positioning your feet, aim to finish the movement with your knees at 90 degrees. Throughout the entire movements you want the chin to be tucked as this is important for glute activation. At the end position of your hip thrust, you should be squeezing your glutes together and avoiding a hyper-extended back.

Try not to rush the hip thrust, you want a slight pause at the end of each repetition to really squeeze and engage the glutes before controlling your hips back down. You will learn how to activate your glutes with resistance bands and utilising mind muscle connection cues, hit your muscles under heavier load, but also burn them out with some of my favourite high rep glute finishers. This variety in the program ensures we are hitting all 3 key muscles that make up our glutes, it with work them from different angles and ranges of motion.

REST AND RECOVERY STRATEGIES

While it may feel like the time we put in at the gym is the hard part, in reality following a structured program may actually be the easy part of the process. The things we do outside of the gym have an immeasurable impact on achieving our goals. If your nutrition, sleep, rest and recovery are insufficient or

far from optimal, no matter how hard you train you simply won't reach your potential. It is for this reason I wanted to provide you with some information on the rest and recovery strategies you have at your disposal to help support your training and your goals.

NUTRITION



You've heard the saying abs are made in the kitchen, and while this is an oversimplification of what actually can be a very complex topic, it demonstrates how much of an impact our diet has on every aspect of our health, progress and physique. In a nutshell, if you aren't eating to fuel your body's needs, especially when it comes to booty gains, your progress is going to suffer. To build new muscle the body needs both

calories and protein to fuel the repair and growth of muscle tissue. The mistake many people make is trying to build muscles, train hard and get stronger while severely restricting calories. This often leads to poor recovery and very little or slow progression. It is so difficult to find the right balance between calories in and calories out, so do not expect to get things perfect straight away. Just like with training, it takes time to develop the skills to eat well and find the nutrition approach that suits your body, your personality and your goals. Delving into the details of nutrition is beyond the scope of this program, however, I go into the details of the fundamentals of nutrition in my e-Book '[Mastering The Basics of Nutrition](#)'. I strongly recommend reading it for those needing to develop a good base understanding of nutrition. And if you feel you would like additional support and guidance when it comes to nutrition, I also provide meal plans that include calories, macros and quick and easy healthy recipes to support your training journey.

SLEEP/REST

Sleep could be considered just as influential to our progress as how we fuel our bodies. While we sleep our muscles may be resting, but our bodies are far from dormant. In fact, this is the time when invaluable rest, growth and regeneration is happening. It is for this reason that sleep is being revealed as a key player not just in achieving your goals, but in overall health.

If you are someone that has never struggled to get a good night's sleep, you are both lucky and potentially oblivious to the hardships faced by insomniacs. A lack of sleep for one night can negatively impact your day, and chronic lack of sleep or insomnia has the potential to hold you back in many ways. Immune function, brain function, digestion, memory, physical performance, coordination, stress levels and management, mental health, are just a few things that can be impacted by sleep deprivation, so it is a no brainer to prioritise improving your sleep if it's not on point. The recommended amount of sleep is highly dependent on individual factors and lifestyle, however you

will see recommendations ranging from 6-9 hours normally. I suggest doing what feels right for you, which as always takes a little trial and error. Some studies demonstrate that the magic number appears to 7.5-8 hours of sleep per night, but it may not just be about total time spent sleeping, quality of sleep is also very important.

Based on current research, there are several things you can do to improve your sleep:

- Have a set bedtime and wake time.
- Get out into the sunshine first thing in the morning.
- Exercise regularly, but it may be necessary to avoid training close to bedtime.
- Select a bed setting that suits you - mattresses, pillows, bed covers, blankets, these all have an impact on your comfort levels while you sleep.
- Minimise screen time in the hours before bed.
- Keep the temperature in the bedroom slightly cool.
- Block out light in the bedroom, keeping things as dark as possible.
- Incorporate meditation into your day.

- Take a bath or shower with a focus on relaxing your body and mind.
- Manage your caffeine intake based on your personal sensitivity - as a guide cutting out caffeine after 2pm is a good place to start, but you may find eliminating it altogether may be necessary.
- Avoid alcohol - it may put you to sleep initially but alcohol can actually disrupt sleeping patterns.
- Sleep nutrients or supplements that may be beneficial to some include OxyRem/ OxySleep, magnesium, melatonin, lavender, valerian root, L-theanine.
- Keep your bedroom clean, tidy and clutter free, change sheets regularly and try to keep the ambience quiet and relaxing.
- Optimise your night time eating and drinking habits to suit your personal preferences - this may time some experimentation to get right, but some find having a high protein snack in the evening helps with sleep. Others find going to bed with anything in their stomach negatively impacts sleep. Try to find what works for you.
- Create a bedtime routine and stick to it.

SELF-MASSAGE - FOAM ROLLING AND TRIGGER BALL



While this may not always be the most pleasant recovery strategy, it is worthwhile incorporating some form of massage into your schedule, as it can help to clear the metabolic waste that builds up in the muscles as a result of training, as well as help to improve mobility and performance during your training sessions.

I recommend spending at least 5 minutes foam rolling the major muscle groups you are training during the warm up of your session, and then following your session with at least 10 minutes of foam rolling and/or trigger ball work. Areas you can use a foam roller/

trigger ball on include lats, pecs, triceps, traps, glutes, hip flexors, ITB, quads, upper back, calves, hamstrings, the list goes on! In general, try rolling along the length of the muscle slowly and gently, and using your hand or leg to help support yourself and manage the amount of pressure being placed on the muscle. If there are areas of severe pain, roll around the spot or gently hold on the 'knot' for around 10-30 seconds.

Massage definitely benefits from consistent effort. You are better off making it a regular part of your schedule for a few minutes, rather than just randomly foam rolling for an hour here or there. And it provides increasing returns, as in general, the more you do it, the better the results.

My recommendations:

- Foam roll major muscle groups being trained for 5-10 minutes during your warm ups before you train.
- Foam roll or trigger ball for at least 10 minutes in your cool down after your training sessions.
- For extra results, add in a longer foam rolling/trigger session once a week so you can work on problem areas
- Schedule a professional massage around once a month

CARDIO

Gone are the days when we thought it was necessary to get out of breath running, dancing, jumping, biking around in order to achieve 'the body of your dreams'.

Myself and thousands of my clients are living proof that you don't have to slave away on cardio machines with the sole purpose of burning calories. In reality,

cardiovascular activity, or cardio as we all know it, can actually have hugely positive health outcomes, such as decreased risk of heart disease and lifestyle diseases. However in terms of achieving a physical transformation it is not strictly necessary. Yes, cardio activities, such as running, walking, cycling, stairmaster, etc can be used as a means of increasing caloric expenditure, or burning extra calories, BUT it is not always necessary, especially when it comes to glute growth.

As I mentioned in the nutrition section of this guide, we need calories and protein to add size to our muscles, and increasing energy expenditure through additional or excessive cardio exercise can, in some cases, undermine muscular growth. This occurs because the calories that may have been dedicated to the growth and repair of muscles, could potentially be redirected to fuel the muscles during cardio training. As with all

things training and nutrition, it is important to keep in mind that this is a completely individual phenomenon. Whether or not you include cardio in your program will be based around several individual factors such as

- Enjoyment
- Goals
- Starting point
- Training history
- Nutrition and energy consumption
- Athletic or sporting goals and commitments

I have included one cardio session per week in the Power Booty Training Program, in the form of a HIIT session. Please keep in mind that this is OPTIONAL, so it is up to you whether you choose to include it based on your individual needs and goals.



GLUTE WARM UPS

You may have seen endless videos on Instagram of 'glute warm up' exercises, circuits and inspo, but the question that comes to mind is why do we even need these? The reality is, that just like everything else health and fitness, these are not a one-size fits all strategy, BUT the research shows that performing glute activation exercises can have a positive impact on your training session, and in the long term, your overall glute development and performance.

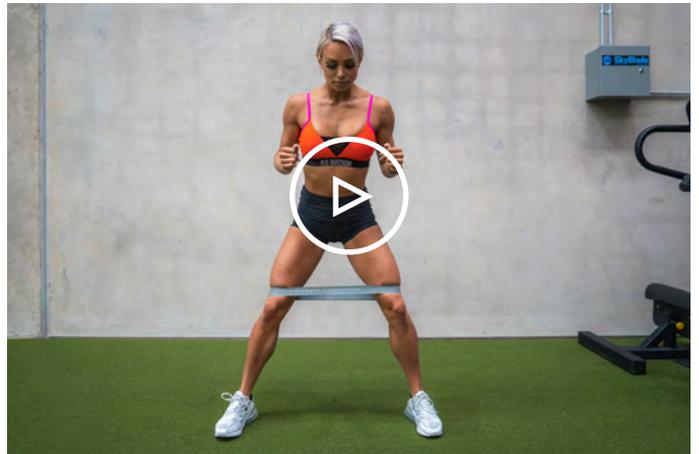
For many people that work a 9 to 5 at a desk, or don't have years of lifting under their belt, or maybe have had injuries in the past, there is a strong possibility that your glutes could be underactive/dormant when you attempt to train them. When we perform glute activation exercises, they 'wake up' the glute muscles, which results in greater recruitment and performance when we get into the more serious lifting in our training session.

SOME EXAMPLE WARM UP EXERCISES

BOOTY BAND CLAMS



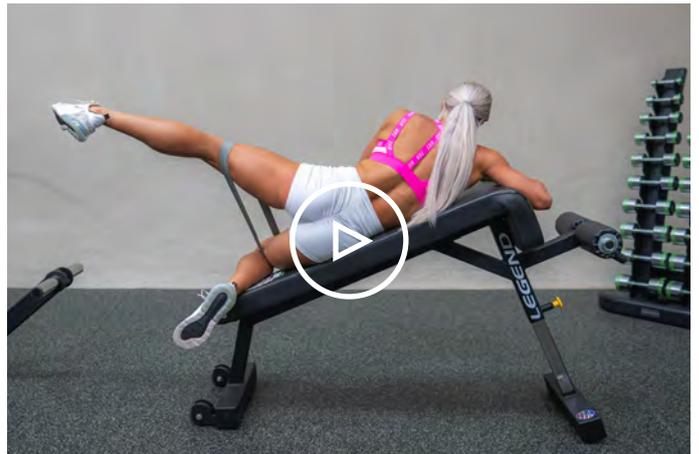
BOOTY BAND SQUATS



BOOTY BAND LATERAL WALKS



DECLINE SIDE LEG RAISES (WITH BOOTY BAND)



THE EXACT REPS WILL BE DETERMINED BY YOUR STRENGTH LEVELS AS WELL AS WHETHER YOU ARE USING A BAND AND IT'S STRENGTH. PERFORM THESE EXERCISES AFTER YOUR WARM UP, BEFORE YOU GET INTO THE LIFTING. THIS IS NOT AN EXHAUSTIVE LIST, THERE ARE COUNTLESS DIFFERENT EXERCISES YOU CAN USE FOR YOUR GLUTE ACTIVATION WORK!



LAUREN SIMPSON

— fitness —

THE HOME WORKOUT PROGRAM

MONDAY
LOWER BODY ONE

TUESDAY
UPPER BODY & CORE

WEDNESDAY
GLUTES

THURSDAY
LOWER BODY TWO

FRIDAY
OPTIONAL HIIT & CORE

SATURDAY
REST

SUNDAY
ACTIVE RECOVERY OR REST

EQUIPMENT NEEDED
DUMBBELLS, BOOTY BAND, SWISS BALL

WEEK 1 - 2

DAY ONE

LOWER BODY ONE

SUPERSET 1

HEELS ELEVATED GOBLET SQUAT

15 REPS X 3 SETS
REST: NONE

Hold a dumbbell or kettlebell under your chin, and place your heels on a weight plate. When you are squatting down, keep your knees in line with your big toe. Keep your chest up each rep to really work your upper back mobility. Ensure you are going below parallel for maximum glute/hamstring activation.



GOBLET SQUAT

20 REPS X 3 SETS
REST: 30 SECONDS

Hold a dumbbell or kettlebell under your chin. Feet slightly turned out and just wider than shoulder width apart. When you are squatting down, keep your knees in line with your big toe. Ensure you are going below parallel for maximum glute/hamstring activation.



SUPERSET 2

DB BULGARIAN SPLIT SQUAT

12 REPS EACH LEG X 3 SETS
REST: NONE

Hold dumbbells in each hand. Put one foot up behind you on a bench and drop down like a squat and back up. Pause at the bottom of the movement for 1 second. Drive back to the starting position by pressing through your front heel.



BULGARIAN SPLIT SQUAT

12 REPS EACH LEG X 3 SETS
REST: 30 SECONDS

Put one foot up behind you on a bench and drop down like a squat and back up. Pause at the bottom of the movement for 1 second. Drive back to the starting position by pressing through your front heel.



**KB STIFF LEG
DEADLIFTS****20 REPS X 3 SETS
REST: NONE**

Let the kettlebell travel straight down towards the ground. Drive hips and glutes back as you bend over. Thrust your hips forward as you come back up and squeeze your glutes at the top. Do not completely lock out legs, and only go as low as you can while keep your back straight.

**KB SINGLE LEG
DEADLIFTS****8 REPS EACH LEG X 3 SETS
REST: 30 SECONDS**

Hold a kettlebell in one hand, and hold on to the frame for balance. Lower your chest down and leg up until you are parallel with the floor. Push through your glute to come back up. Complete all reps on 1 side before switching.

**DB GLUTE BRIDGE****20 REPS X 3 SETS
REST: NONE**

Hold a DB just below your hips. Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact.

**GLUTE BRIDGE****20 REPS X 3 SETS
REST: 30 SECONDS**

Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact.



BOOTY BAND LATERAL WALKS

30 SECONDS X 2 SETS
REST: NONE

Wrap the resistance band just above your knees. Squat down until parallel keeping your knees out against the band. Take small steps one way for the required number of reps, then repeat in the opposite direction ensuring glutes are always engaged. Don't stand up between reps!



GLUTE BRIDGE (BOOTY BAND)

30 SECONDS X 2 SETS
REST: NONE

Place the booty band around the legs, just above the knees. Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact.



BANDED HOVER ABDUCTIONS

30 SECONDS X 2 SETS
REST: NONE

Come to a four point kneeling position on the floor, with a band around your legs just above your knees. Hover your knees a few inches off the floor so that you are on your toes. From here, pull your knees apart and release them back together repetitively to work your abductors, while keeping your core and shoulders strong.



BOOTY BAND KICKBACKS

30 SECONDS X 2 SETS
REST: NONE

Wrap the resistance band around both ankles. Slightly bend over and hold on to the frame for balance. Kick one leg back high with a straight leg. Pause at the top for 1 second and squeeze your glutes. Return to the starting position and repeat for the same leg.



GLUTE BRIDGE HOLD MARCHES

30 SECONDS X 2 SETS
REST: 30 SECONDS

Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Hold at the top of the bridge and lift one foot off the ground, keeping the hips level as you do so. Replace this foot and repeat with the other leg. Lower hips once all reps are complete.



WEEK 1 - 2

DAY TWO

UPPER BODY & CORE

SUPERSET 1

STANDING BB SHOULDER PRESS

12 REPS X 4 SETS
REST: NONE

Hold a barbell against your shoulders with an overhand grip. Push it straight up until your arms are straight. Shrug out of your shoulders at the top. Slowly lower back down and repeat. Avoid using your legs to help.



DB BENT OVER ROWS

12 REPS X 4 SETS
REST: 30 SECONDS

Hold dumbbells with a neutral grip. Keep your elbows close in to your sides like a t-rex as you pull the dumbbells up. Squeeze your shoulder blades together at the top for 2 seconds.



SUPERSET 2

DB CHEST PRESS

12 REPS X 4 SETS
REST: NONE

Squeeze your shoulder blades together, feet strongly on the ground. Slowly lower the dumbbells just above your chest, pause and squeeze, then push back to the top. Use a spotter to help!



DB LATERAL RAISE

12 REPS X 4 SETS
REST: 30 SECONDS

Hold dumbbells in each hand. Slowly raise them up to the side until parallel to the floor. Keep a slight bend in your elbows. Pause at the top for 2 seconds before slowly lowering.



DB BICEP CURLS**12 REPS X 4 SETS**
REST: NONE

Hold a dumbbell in each hand. Keep your elbows close in to your sides and alternate sides, but avoid swinging. Focus on feeling each rep in the middle of your bicep.

**OVERHEAD DB TRICEP PRESS****12 REPS X 4 SETS**
REST: 30 SECONDS

Hold a single dumbbell in both hands. Focus on keeping your elbows inline with your ears, and hinging from your elbows for each rep. Concentrate on full range each rep.

**FLUTTER KICKS****30 REPS X 3 SETS**
REST: NONE

Chest and feet up with straight legs. Hold the bench with both hands. Squeeze your abs as you alternate your legs up and down.

**RUSSIAN TWISTS****30 REPS X 3 SETS**
REST: NONE

Hold a medicine ball, dumbbell or kettlebell in your arms. Lift your chest and legs so they are off the ground. Slowly twist your upper body from side to side, leading with the medicine ball. Both sides is 1 rep.

**PLANK****45 SECONDS X 3 SETS**
REST: 30 SECONDS

Place the elbows shoulder width apart on the ground underneath the shoulders. Extend the legs out and tuck the toes under, so the body is a straight line from the shoulders to the heels. Engage the core, press through the shoulders and keep the feet no more than hip width apart.



WEEK 1 - 2

DAY THREE

GLUTES

SUPERSET 1

GLUTE BRIDGE (BOOTY BAND)

20 REPS X 4 SETS
REST: NONE

Place the booty band around the legs, just above the knees. Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact.



DB BULGARIAN SPLIT SQUAT

15 REPS EACH LEG X 4 SETS
REST: 30 SECONDS

Hold dumbbells in each hand. Put one foot up behind you on a bench and drop down like a squat and back up. Pause at the bottom of the movement for 1 second. Drive back to the starting position by pressing through your front heel.



SUPERSET 2

KB SUMO SQUATS

20 REPS X 4 SETS
REST: NONE

Hold the kettlebell in front of you with a wide stance and feet turned out to target glutes. Drop down below parallel, then come back up and repeat reps with a continuous tempo.



DB STEP UPS

15 REPS EACH LEG X 4 SETS
REST: 30 SECONDS

Set up a step or bench (the higher this is the more glute activation). Step up with one leg by driving up with the heel of the raised leg. Alternate the leg you step up with each rep. As this gets easier, increase the weight of the dumbbells.



**SINGLE LEG
HIP EXTENSION****12 REPS EACH LEG X 4 SETS
REST: NONE**

Lie down on the ground and place the shoulders on a bench or similar, bend the knees and place the heels on the floor close to your glutes. Lift one leg and straighten it up towards the ceiling. Drive through the heel of the foot that remains on the floor to raise the hips, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact. Complete all reps on one leg then the other.

**BOOTY BAND
HIP THRUSTS****20 REPS X 4 SETS
REST: NONE**

Lie with your back propped up against a bench and knees bent supporting your weight, loop the booty band around the legs just above the knee. Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling. Pause at the top for 2 seconds before completing another repetition.

**HIP THRUST HOLD
ABDUCTIONS****12 REPS X 4 SETS
REST: NONE**

Lie with your back propped up against a bench and knees bent supporting your weight, place booty band around the knees. Press through the heels and drive the hips up, at the top of the contraction press the knees outwards, expanding the band. Return the knees to parallel and drop the hips back towards the floor. This is one rep.

**BOOTY BAND
HIP THRUSTS****12 REPS X 4 SETS
REST: 30 SECONDS**

Lie with your back propped up against a bench and knees bent supporting your weight, loop the booty band around the legs just above the knee. Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling. Pause at the top for 2 seconds before completing another repetition.



DAY FOUR

LOWER BODY TWO

SUPERSET 1

DB ALTERNATING LUNGES

10 REPS EACH LEG X 4 SETS
REST: NONE

Holding dumbbells, take a long step forward with your left leg into a lunge and drop the back knee towards the ground. Make sure your front knee does not move past your toes. Drive out of your front heel and step back to the start. Alternate legs each rep.



DB SUMO SQUAT

20 REPS X 4 SETS
REST: NONE

Hold the dumbbell under your chin. Feet slightly turned out and wider than shoulder width apart. When you are squatting down, keep your knees in line with your big toe. Ensure you are going below parallel for maximum glute/hamstring activation. Sumo stance will help utilise your glutes and VMO more than a regular squat.



CURTSY LUNGES (BOOTY BAND)

10 REPS EACH LEG X 4 SETS
REST: 30 SECONDS

Loop the booty band around the legs just above the knees. Drop into a reverse and diagonal directional lunge and lower the back knee towards the ground. Push out of your front heel to stand back up without moving your legs, then drop down into the next rep. Switch legs after completing all reps.



**BOOTY BAND
CLAMS****15 REPS EACH LEG X 4 SETS
REST: NONE**

Loop the band around the legs just above the knees and lie down on one side. Bend the knees to 90 degrees, bringing the heels towards your butt. Lift your top knee up to the ceiling, keeping the feet together. Pause at the top for 1-2 seconds and then return to start position. Repeat all reps on one side, then the other.

**BOOTY BAND
HIP THRUSTS****20 REPS X 4 SETS
REST: NONE**

Lie with your back propped up against a bench and knees bent supporting your weight, loop the booty band around the legs just above the knee. Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling. Pause at the top for 2 seconds before completing another repetition.

**BOOTY BAND
SQUATS****20 REPS X 4 SETS
REST: 30 SECONDS**

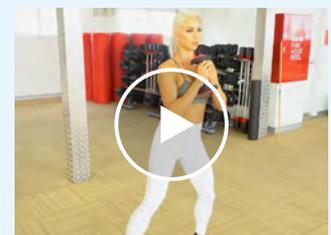
Wrap the resistance band just above your knees. Squat down until parallel keeping your knees out against the band. Slowly come back up, ensuring there is still resistance against the band.

**LUNGE JUMPS****10 REPS EACH LEG X 3 SETS
REST: NONE**

Lower yourself down into a lunge position. Push out of the balls of your feet and explosively jump up as high as you can. Switch your feet in the air, and when your feet touch the floor, immediately repeat.

**DB LATERAL WALK****15 REPS EACH WAY X 3 SETS
REST: 30 SECONDS**

Keep the dumbbell as close as possible to your chest. Squat down until parallel keeping your knees inline with your middle toe. Complete all steps one way, then repeat in the opposite direction ensuring glutes are always engaged. Don't stand up between reps!



**BOOTY BAND
SIDE KICKS****15 REPS EACH LEG X 3 SETS
REST: NONE**

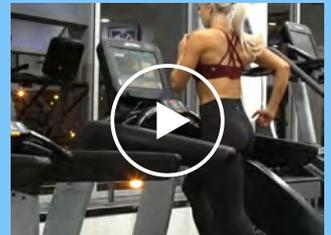
Wrap the resistance band around both ankles. Hold on to the frame for balance. Kick one leg to the side with a straight leg. Pause at the top for 1 second and squeeze your glutes. Return to the starting position and repeat for the same leg.

**DONKEY KICKS****15 REPS EACH LEG X 3 SETS
REST: 30 SECONDS**

Get on your hands and knees with your wrists aligned under your shoulders and knees under hips. Lift your left leg parallel to the floor with your knee bent and foot flexed. Slowly return to the starting position and repeat for same side.

**WEEK 1 - 2****DAY FIVE****OPTIONAL HIIT & CARDIO****HIIT SPRINTS
(WALK FOR REST)****30 SECONDS X 10 SETS
REST: 30 SECONDS**

Either outside or on a treadmill, sprint for the indicated period of time, then walk slowly for the indicated rest time.



DEAD BUGS**10 REPS EACH SIDE X 4 SETS**
REST: NONE

Lie back on mat. Bring fitball to centre of body, and hold with both hands and feet. Keeping core engaged, lower one arm and opposite leg towards the mat. Once they both almost hit the mat, come back and repeat on other side. Make sure back stays flat to mat.

**KNEE SQUEEZE TO DISH****20 REPS X 4 SETS**
REST: NONE

Lie on mat and extend arms straight above head, and legs straight in front of you. Ensuring your core is engaged, lift your knees towards your chest and your torso off the mat simultaneously. Grab your knees and squeeze towards chest. From squeeze, release arms and legs and lower back onto mat.

**BICYCLE LEGS****10 REPS EACH SIDE X 4 SETS**
REST: NONE

Lying on the floor, flat back and core engaged. Bring your knees to 90 degree angle, "table-top" position. Place your hands on floor, or under lower back for support. From this position slowly lower one leg straight, and then pull back to chest. Repeat, alternating between left and right. Ensure your lower back does not arch off mat.

**SQUEEZE EVERY-THING PLANK****45 SECONDS X 4 SETS**
REST: 30 SECONDS

Bring your body into a plank position. Making sure your shoulders are over elbows, back is flat and feet together. Ensure your core is activated. Whilst in the plank position, think about "squeezing everything". Focus on pulling your abs in tight towards spine, glutes squeezing and lifting up and out of your shoulders.



DAY ONE

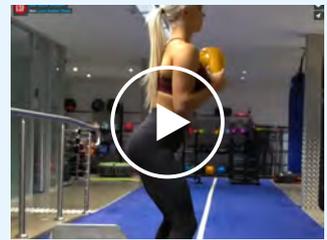
LOWER BODY ONE

SUPERSET 1

KB BOX SQUAT

15 REPS X 4 SETS
REST: NONE

The box squat helps to strengthen your hips at the “sticking point”. Feet slightly outside shoulder width apart. Holding the KB under your chin, slowly lower to the box, then while keeping tension in your core and upper body relax your legs. When standing back up, drive through your heels.



REVERSE HYPER FROGGIES

20 REPS X 4 SETS
REST: 30 SECONDS

Lie face down on a bench, with your hips on the short edge. Start with your knees bent and feet together. Press your legs out and up, keeping a slight bend in the knee and squeezing your glutes. Return to this start position. This is one rep.



**SINGLE LEG
GLUTE BRIDGE****12 REPS EACH LEG X 4 SETS
REST: NONE**

Lie down on the ground, bend the knees and place the heels on the floor close to your glutes. Lift one leg and straighten it up towards the ceiling. Drive through the heel of the foot that remains on the floor to raise the hips, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact. Complete all reps on one leg then the other.

**DB BULGARIAN
SPLIT SQUAT****15 REPS EACH LEG X 4 SETS
REST: 30 SECONDS**

Hold dumbbells in each hand. Put one foot up behind you on a bench and drop down like a squat and back up. Pause at the bottom of the movement for 1 second. Drive back to the starting position by pressing through your front heel.

**DB CURTSY
LUNGES****12 REPS EACH LEG X 4 SETS
REST: NONE**

Hold a DB in each hand, then drop into a reverse and diagonal directional lunge and lower the back knee towards the ground. Push out of your front heel to stand back up and swap legs.

**WEIGHTED
SQUAT JUMPS****20 REPS X 4 SETS
REST: 30 SECONDS**

Hold a plate against your chest. Bend your knees and lower yourself down into a squat position. Keep your chest upright, knees out and hips back. Push out of the balls of your feet and explosively jump up as high as you can. When your feet touch the floor, immediately squat down and repeat.



SQUAT PULSES

30 SECONDS X 2 SETS
REST: NONE

Pulse slightly up and down from the bottom position where you would normally stop your squat. Ensure you are pulsing above and below parallel. Keep weight in the base of your big toe AND your heel when pulsing.



LATERAL WALK LEANING FORWARD

30 SECONDS X 2 SETS
REST: NONE

Wrap the resistance band around your lower legs. Squat down until parallel keeping your legs pressed out against the band, and lean the torso forward 45 degrees. Take small steps one way for the required number of reps, then repeat in the opposite direction ensuring glutes are always engaged. Don't stand up between reps!



BOOTY BAND CLAMS

30 SECS EACH SIDE X 3 SETS
REST: NONE

Loop the band around the legs just above the knees and lie down on one side. Bend the knees to 90 degrees, bringing the heels towards your butt. Lift your top knee up to the ceiling, keeping the feet together. Pause at the top for 1-2 seconds and then return to start position. Repeat all reps on one side, then the other.



IN & OUT SQUAT JUMPS

30 SECONDS X 2 SETS
REST: NONE

Perform a squat jump with feet narrow, whilst in the air move the legs slightly wider and as you land move into a squat with feet in a wider position. Drive through the feet and jump, bringing the feet back into a narrower position, and repeat.



ALTERNATING DONKEY KICKS

30 SECONDS X 2 SETS
REST: 30 SECONDS

Get on your hands and knees with your wrists aligned under your shoulders and knees under hips. Lift your left leg parallel to the floor with your knee bent and foot flexed. Slowly return to the starting position and repeat on the other leg.



DAY TWO

UPPER BODY & CORE

SUPERSET 1

SINGLE ARM DB ROW

15 REPS EACH ARM X 4 SETS
REST: NONE

Lean on a bench with your hand under your shoulder, the knee of the same leg propped up on the bench and your free leg supporting your weight on the ground. Holding the DB in your free hand, hang the arm directly below the shoulder. Pull the dumbbell up towards your shoulder, keeping the elbow close to the body. Pause at the top of the contraction for 1 second and then return to start position with control.



SINGLE ARM UPRIGHT ROW

12 REPS EACH ARM X 4 SETS
REST: 30 SECONDS

Engage your core to avoid leaning to one side and using momentum. Hold a single dumbbell with an overhand grip and lift it up until your hand is inline with shoulders. Squeeze and hold for 1 second before slowly lowering.



SUPERSET 2

ARNOLD PRESS

12 REPS X 4 SETS
REST: NONE

Hold dumbbells in each hand against your shoulders with underhand grip. Push the dumbbells towards the roof, internally rotating your hands as you do so. As you lower your arms, externally rotate them to finish in the start position.



BENT OVER REAR DELT RAISE

12 REPS X 4 SETS
REST: 30 SECONDS

Holding a DB in each hand, hinge at the hips and lean the torso forward 45 degrees. Hang the arms down below the shoulders with the palms facing each other. Raise the arms upward and outward until the hands reach shoulder height, pause and then return to start position.



**ALTERNATING
HAMMER CURLS****15 REPS EACH ARM X 4 SETS
REST: NONE**

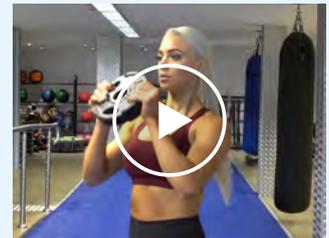
Hold a dumbbell in each hand. Keep your elbows close in to your sides and raise them one at a time. Lower until your arms are straight. Focus on feeling each rep in the middle of your bicep.

**BENCH
TRICEP DIPS****15 REPS X 4 SETS
REST: 30 SECONDS**

Lower until your arms are at 90-degrees. Focus on using your triceps to lift and avoid using your hips to lift. As you get stronger, straighten your legs to make this harder.

**PLATE CURL TO
OVERHEAD PRESS****12 REPS X 4 SETS
REST: NONE**

Hold the plate with both hands and arms straight and down in front of the body. Bend the elbows and curl the plate up towards your collar bone, the press through the hands and extend the arms, lifting the plate directly up vertically overhead. Bend the elbows to bring the plate back to your chest and extend the elbows with control to return to start position.

**RENEGADE ROWS****8 REPS EACH ARM X 4 SETS
REST: 30 SECONDS**

Assume a push up position, with the hands holding dumbbells. Place the feet around hip width apart, however you may need to widen them slightly to remain stable. Lift one DB towards the shoulder, keeping the elbow close to the body, pause and then return to the ground with control. Repeat with the other arm. Ensure the core, torso and hips remain stable throughout, try eliminate rocking and swaying.



SCISSOR KICKS**50 REPS X 3 SETS**
REST: NONE

Lie on your back with straight legs just above the floor. Slowly alternate your legs crossing them over the top of each other, like scissors. Keep your lower back flat and abs engaged the whole time.

**OBLIQUE PLATE CRUNCHES****15 REPS EACH SIDE X 3 SETS**
REST: NONE

Hold a weight plate in 1 arm. Slowly lower to the same side you are holding the weight plate, keeping it close to your leg. Pause at the bottom for 1 second before using your obliques to lift back up to the start. Keep your core engaged the whole time. Complete the same amount of reps on the other side.

**PLANK ARM REACHES****10 REPS EACH ARM X 3 SETS**
REST: 30 SECONDS

Bring your hands and feet shoulder width apart and come into a raised plank position. Back is flat + core engaged. Slowly reach one arm straight out in front of you, then place back on the floor under your shoulder. Alternate arms.



WEEK 3 - 4

DAY THREE

GLUTES

SUPERSET 1

DB DEADLIFT & SQUAT COMBO

15 REPS X 4 SETS
REST: NONE

Perform a straight leg deadlift, then curl the dumbbells up and complete a squat. Focus on smooth transitions and keep your glutes engaged the whole time. Completing both a squat and a deadlift is 1 rep.



DB SIDE LUNGES

15 REPS EACH LEG X 4 SETS
REST: 30 SECONDS

Hold a dumbbell against your chest. Lunge down to one side, step back to the centre then move across to the other leg - this is 1 rep. Pause at each side for 1-2 seconds and squeeze your glutes.



SUPERSET 2

PLATED DUCK WALKS

20 REPS X 4 SETS
REST: NONE

Hold a plate just in front of your chest. Squat down until parallel and take small steps forwards. Don't stand up between reps! The wider your feet, the more it will hit your glutes.



REVERSE HYPER ON BENCH

20 REPS X 4 SETS
REST: 30 SECONDS

Hold onto a bench and position it so your hips are supported. Push your legs up and squeeze your glutes each rep. Don't worry about straightening your legs. Keep your upper body flat on the bench the whole time.



BENCH KICKBACKS**15 REPS EACH LEG X 4 SETS**
REST: NONE

Kickback as high as you can while keeping your hips level. Focus on engaging your glutes with each rep. The slower you move, the more you will feel it. For an added challenge, add a booty band.

**FIRE HYDRANTS (BOOTY BAND)****15 REPS EACH SIDE X 4 SETS**
REST: NONE

Kneel on hands and knees with the booty band looped around the legs just above the knees. Lock out your shoulders and core and lift one leg out to the side as high as you are able without letting the hips shift position, maintaining the bend in the knee. Pause at the top and lower the leg back to start position, complete all reps on one leg and then swap sides.

**SIDE LYING ABDUCTION (BOOTY BAND)****15 REPS EACH SIDE X 4 SETS**
REST: NONE

Kneel on hands and knees with the booty band looped around the legs just above the knees. Lock out your shoulders and core and lift one leg out to the side as high as you are able without letting the hips shift position, maintaining the bend in the knee. Pause at the top and lower the leg back to start position, complete all reps on one leg and then swap sides.

**BACKWARDS DUCK WALK (BOOTY BAND)****20 REPS X 4 SETS**
REST: 30 SECONDS

Kneel on hands and knees with the booty band looped around the legs just above the knees. Lock out your shoulders and core and lift one leg out to the side as high as you are able without letting the hips shift position, maintaining the bend in the knee. Pause at the top and lower the leg back to start position, complete all reps on one leg and then swap sides.



**KNEE BANDED
GOBLET SQUAT****15 REPS X 3 SETS
REST: NONE**

Hold a dumbbell or kettlebell under your chin, wrap the booty band around the legs just above the knees. When you are squatting down, keep your knees in line with your big toe. Keep your chest up each rep to really work your upper back mobility. Ensure you are going below parallel for maximum glute/hamstring activation.

**DB GLUTE BRIDGE****20 REPS X 3 SETS
REST: NONE**

Hold a DB just below your hips. Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact.

**SEATED
FORWARD LEANING
ABDUCTIONS
(BANDED)****30 REPS X 3 SETS
REST: 30 SECONDS**

Sit on a bench or box and place a band around your legs, just above your knees. Hinge forward at the hips so you are leaning forward, then pull your knees apart. Slowly return to the start position.



DAY FOUR

LOWER BODY TWO

SUPERSET 1

BOOTY BAND CURTSY & SQUAT

15 REPS EACH LEG X 4 SETS
REST: NONE

Hold a half squat position and step back and across down into a curtsy lunge. Step back and repeat for the opposite leg keeping as much tension on the band the whole time. Alternate legs and control each step using your glutes.



DB STEP UPS

12 REPS EACH LEG X 4 SETS
REST: NONE

Set up a step or bench (the higher this is the more glute activation). Step up with one leg by driving up with the heel of the raised leg. Alternate the leg you step up with each rep. As this gets easier, increase the weight of the dumbbells.



GOBLET SQUATS

25 REPS X 4 SETS
REST: 30 SECONDS

Hold a dumbbell or kettlebell under your chin. Feet slightly turned out and just wider than shoulder width apart. When you are squatting down, keep your knees in line with your big toe. Ensure you are going below parallel for maximum glute/hamstring activation.



**FIRE HYDRANTS
(BOOTY BAND)****15 REPS EACH LEG X 4 SETS
REST: NONE**

Kneel on hands and knees with the booty band looped around the legs just above the knees. Lock out your shoulders and core and lift one leg out to the side as high as you are able without letting the hips shift position, maintaining the bend in the knee. Pause at the top and lower the leg back to start position, complete all reps on one leg and then swap sides.

**GLUTE BRIDGE
(BOOTY BAND)****25 REPS X 4 SETS
REST: NONE**

Place the booty band around the legs, just above the knees. Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact.

**BOOTY BAND
DONKEY KICKS****15 REPS EACH LEG X 4 SETS
REST: 30 SECONDS**

Wrap the booty band just above your knees. Get on your hands and knees with your wrists aligned under your shoulders and knees under hips. Lift your left leg parallel to the floor with your knee bent and foot flexed. Slowly return to the starting position and repeat for same side.

**FROG PUMPS****30 REPS X 3 SETS
REST: NONE**

Lie on your back with your legs bent, bring soles of feet together and let the knees drop out wide. Press through the feet and lift the hips up towards the ceiling, pause at the top and lower with control.

**SINGLE LEG HIP
EXTENSION****12 REPS EACH LEG X 3 SETS
REST: 30 SECONDS**

Lie down on the ground and place the shoulders on a bench or similar, bend the knees and place the heels on the floor close to your glutes. Lift one leg and straighten it up towards the ceiling. Drive through the heel of the foot that remains on the floor to raise the hips, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact. Complete all reps on one leg then the other.



**BOOTY BAND BOX
SQUAT TO JUMP****20 REPS X 3 SETS
REST: NONE**

Bring booty band to above knees. Place your feet shoulder width apart. Lower down to squat position, keeping chest upright core engaged. Let the glutes tap the bench for a second, and then explosive jump up. Making sure resistance is kept on the band and knees are gently pulled outwards.

**DB THRUSTERS****15 REPS X 3 SETS
REST: NONE**

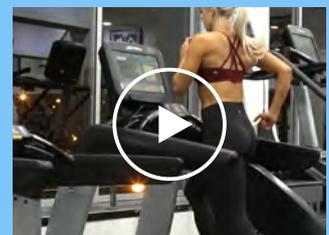
Hold dumbbells in each hand on your shoulders. Squat down, then power up and press the dumbbells straight up. Lower the weights back to your shoulders and repeat as fast as possible.

**SQUAT HOLD TO
ABDUCTOR****15 REPS X 3 SETS
REST: 30 SECONDS**

Bring booty band to above knees. Place your feet shoulder width apart. Lower down to squat position, keeping chest upright core engaged. Staying in squat hold hover. In this position gently pull knees inwards and outwards. Keeping resistance on the booty band.

**WEEK 3 - 4****DAY FIVE****OPTIONAL HIIT & CARDIO****HIIT SPRINTS
(WALK FOR REST)****40 SECONDS X 12 SETS
REST: 20 SECONDS**

Either outside or on a treadmill, sprint for the indicated period of time, then walk slowly for the indicated rest time.



**DEAD BUGS
SHOULDERS
RAISED****12 REPS EACH SIDE X 4 SETS
REST: NONE**

Lie back on mat. Bring legs straight into the air, hover shoulders and reach hands to feet. Keeping core engaged, lower one arm and opposite leg towards the mat. Once they both almost hit the mat, come back and repeat on other side. Make sure back stays flat to mat.

**DISH TO BICYCLE****12 REPS EACH SIDE X 4 SETS
REST: NONE**

Come into a hovering dish position. Shoulders lifted and knees at table top. Your lower back should be supported on the mat and core engaged. Bring your hands behind your head and elbows out wide. Reach one elbow across to opposite side of body, and extend opposite leg. Come back to starting position and repeat on other side. Continue alternating between sides.

**BICYCLE
SHOULDERS****12 REPS EACH SIDE X 4 SETS
REST: NONE**

Lying on the floor, flat back and core engaged. Bring your knees to 90 degree angle, "table-top" position. Bring your elbows out wide, and gently rest hands behind head. Reach one elbow across body to knee, and alternate between left and right.

**PLANK + HIP DROP****10 REPS EACH SIDE X 4 SETS
REST: 30 SECONDS**

Bring body into plank position. Shoulders over elbows, back flat, core engaged and feet together. From plank position, slowly lower one hip towards the mat. Almost hit the mat and then rotate back to centre. Pause in centre and repeat on other side. Ensuring that when you are dropping hip to mat that obliques are connecting in the motion.



DAY ONE

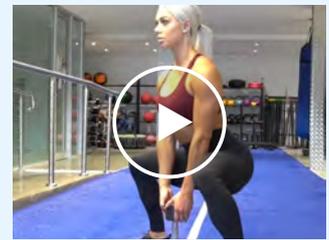
LOWER BODY ONE

SUPERSET 1

DB SUMO SQUAT

25 REPS X 4 SETS
REST: NONE

Hold the dumbbell under your chin. Feet slightly turned out and wider than shoulder width apart. When you are squatting down, keep your knees in line with your big toe. Ensure you are going below parallel for maximum glute/hamstring activation. Sumo stance will help utilise your glutes and VMO more than a regular squat.



BACKWARD STEP ALTERNATING DEFICIT LUNGES

15 REPS EACH LEG X 4 SETS
REST: 30 SECONDS

Start with both feet together on large weight plate. Bring dumbbells with palms facing towards you to side of body. From starting position step one foot behind you, and bring your knee into a 90 degree angle. From the lunge position, then step your foot back onto plate. Repeat on other side and alternate between left and right.



DB ROMANIAN DEADLIFTS**20 REPS X 4 SETS**
REST: NONE

Neutral stance holding the dumbbells. Drive hips and glutes back as you bend over. Thrust your hips forward as you come back up and squeeze your glutes at the top. Do not completely lock out legs.

**DB SUMO PULSE SQUATS****20 REPS X 4 SETS**
REST: 30 SECONDS

Hold the dumbbell under your chin and pulse slightly up and down from the bottom position where you would normally stop your squat. When you are squatting down, keep your knees in line with your big toe. Ensure you are pulsing above and below parallel. Keep weight in the base of your big toe AND your heel for maximum glute and VMO activation.

**DB GLUTE BRIDGE****20 REPS X 4 SETS**
REST: NONE

Hold a DB just below your hips. Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact.

**ELEVATED GLUTE BRIDGE (BOOTY BAND)****20 REPS X 4 SETS**
REST: 30 SECONDS

Place your heels on a bosu ball, and wrap the booty band just above your knees. Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, externally rotate your knees further to put more pressure on the band.



BOOTY BAND SQUATS**30 SECONDS X 3 SETS**
REST: NONE

Wrap the resistance band just above your knees. Squat down until parallel keeping your knees out against the band. Slowly come back up, ensuring there is still resistance against the band.

**BOOTY BAND HIP THRUSTS****30 SECONDS X 3 SETS**
REST: NONE

Lie with your back propped up against a bench and knees bent supporting your weight, loop the booty band around the legs just above the knee. Drop your butt down towards the floor and then press into your heels, squeeze your glutes and raise your hips toward the ceiling. Pause at the top for 2 seconds before completing another repetition.

**SEATED FORWARD LEANING ABDUCTIONS (BANDED)****30 SECONDS X 3 SETS**
REST: NONE

Wrap the resistance band just above your knees. Squat down until parallel keeping your knees out against the band. Slowly come back up, ensuring there is still resistance against the band.

**GLUTE BRIDGE HOLD MARCHES****30 SECONDS X 3 SETS**
REST: NONE

Drive through your heels to push up fast, and squeeze at the top to engage your glutes. Hold at the top of the bridge and lift one foot off the ground, keeping the hips level as you do so. Replace this foot and repeat with the other leg. Lower hips once all reps are complete.

**HIP THRUST HOLD ABDUCTIONS****30 SECONDS X 3 SETS**
REST: NONE

Lie with your back propped up against a bench and knees bent supporting your weight, place booty band around the knees. Press through the heels and drive the hips up, at the top of the contraction press the knees outwards, expanding the band. Return the knees to parallel and drop the hips back towards the floor. This is one rep.

**SINGLE LEG GLUTE BRIDGE****30 SECONDS X 3 SETS**
REST: 30 SECONDS

Lie down on the ground, bend the knees and place the heels on the floor close to your glutes. Lift one leg and straighten it up towards the ceiling. Drive through the heel of the foot that remains on the floor to raise the hips, and squeeze at the top to engage your glutes. Slowly lower down each rep. If you don't feel it in your glutes, lift your toes off the floor so only your heels are in contact. Complete all reps on one leg then the other.



DAY TWO

UPPER BODY & CORE

SUPERSET 1

SEATED ALTERNATING DB SHOULDER PRESS

8 REPS EACH ARM X 4 SETS
REST: NONE

Hold a DB in each hand, just above your shoulders, press one hand vertically upwards, extending the elbow above the head, pause and then lower with control. Repeat on the other side.



POLIQUIN RAISES

15 REPS X 4 SETS
REST: 30 SECONDS

Curl the dumbbells up to 90 degrees. Lift your elbows until they are parallel to the floor. Extend your elbows and pause for 2 seconds before slowly lowering down with straight arms to your sides.



SUPERSET 2

PLATE BENT OVER ROW

20 REPS X 4 SETS
REST: NONE

Hold a single plate with both hands. Keep your elbows close in to your sides like a t-rex as you pull the plate up. Squeeze your shoulder blades together at the top for 2 seconds.



DUMBBELL NEUTRAL GRIP BENCH PRESS

15 REPS X 4 SETS
REST: 30 SECONDS

Set up a flat bench. Holding dumbbells with a neutral grip (palms facing towards each other) and extend straight up, aligned with chest. From starting position, slowly lower your arms down towards your body. Stopping just before chest height, pause and then drive back to starting position. Repeat motion.



STANDING NEUTRAL GRIP PRESS**15 REPS X 4 SETS**
REST: NONE

Stand with feet shoulder width apart. Dumbbell in either hand, weights almost resting on shoulders, elbows forward and palms facing towards body. From starting position extend weights straight up. Slowly lower back to starting position and repeat.

**BENT OVER REAR DELT RAISE****15 REPS X 4 SETS**
REST: 30 SECONDS

Holding a DB in each hand, hinge at the hips and lean the torso forward 45 degrees. Hang the arms down below the shoulders with the palms facing each other. Raise the arms upward and outward until the hands reach shoulder height, pause and then return to start position.

**DB BICEP CURLS****15 REPS X 4 SETS**
REST: NONE

Hold a dumbbell in each hand. Keep your elbows close in to your sides and alternate sides, but avoid swinging. Focus on feeling each rep in the middle of your bicep.

**TRICEP KICKBACKS**
1 & 1/4 REPS**12 REPS X 4 SETS**
REST: 30 SECONDS

Place one knee and one hand on bench. Your hip and knee should be in line with each other, and your hand directly under your shoulder for support on the bench. Place your other foot on ground, slightly backwards. Ensure you have a flat back and eye level is looking in front. With the exterior arm hold the dumbbell, and draw your elbow to side of body. From the starting position, extend your arm straight backwards to be in line with body. When arm is extended complete a 1/4 rep, dropping back towards body. Then extend straight back, from there lower dumbbell back towards ground, without letting your elbow unlock from side of body.



**PLANK &
HIP DROP****10 REPS EACH SIDE X 3 SETS
REST: NONE**

Bring body into plank position. Shoulders over elbows, back flat, core engaged and feet together. From plank position, slowly lower one hip towards the mat. Almost hit the mat and then rotate back to centre. Pause in centre and repeat on other side. Ensuring that when you are dropping hip to mat that obliques are connecting in the motion.

**DEAD BUGS
SHOULDERS
RAISED****20 REPS X 3 SETS
REST: NONE**

Lie back on mat. Bring legs straight into the air, hover shoulders and reach hands to feet. Keeping core engaged, lower one arm and opposite leg towards the mat. Once they both almost hit the mat, come back and repeat on other side. Make sure back stays flat to mat.

**SIDE PLANK****30 SECS EACH SIDE X 3 SETS
REST: 30 SECONDS**

Stay side on, don't allow your hips to twist. Push out of your forearm to engage your back and shoulders. Think about lifting your bottom hip as far away from the ground as possible. If this is too difficult, do it on your knees to start. Repeat for the same amount of time on the opposite side.



DAY THREE

GLUTES

SUPERSET 1

DB ROMANIAN DEADLIFTS

20 REPS X 4 SETS
REST: NONE

Neutral stance holding the dumbbells. Drive hips and glutes back as you bend over. Thrust your hips forward as you come back up and squeeze your glutes at the top. Do not completely lock out legs.



REVERSE HYPER ON BENCH

30 REPS X 4 SETS
REST: 30 SECONDS

Hold onto a bench and position it so your hips are supported. Push your legs up and squeeze your glutes each rep. Don't worry about straightening your legs. Keep your upper body flat on the bench the whole time.



**DEFICIT
CURTSY LUNGE****15 REPS EACH LEG X 4 SETS
REST: NONE**

Bring both feet onto weight plate or step. Hang dumbbells by side of body, facing towards your body. Step one foot backwards angling it across your body as you step backwards. Ensure when you lower down into "curtsy" position that your front knee does not hyperextend. From curtsy position, step the rear foot back to the front foot, and repeat on other side.

**BOOTY BAND BOX
SQUAT TO JUMP****20 REPS X 4 SETS
REST: 30 SECONDS**

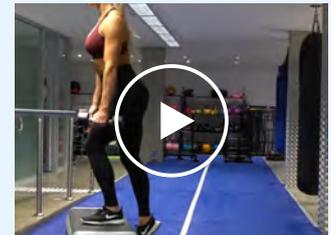
Bring booty band to above knees. Place your feet shoulder width apart. Lower down to squat position, keeping chest upright core engaged. Let the glutes tap the bench for a second, and then explosive jump up. Making sure resistance is kept on the band and knees are gently pulled outwards. Bring booty band to above knees. Place your feet shoulder width apart. Lower down to squat position, keeping chest upright core engaged. Let the glutes tap the bench for a second, and then explosive jump up. Making sure resistance is kept on the band and knees are gently pulled outwards.

**ELEVATED
DB SUMO SQUAT****20 REPS X 4 SETS
REST: NONE**

Stand with a plate under each foot or on 2 benches, and as you get more advanced progress to benches. Important to keep your glutes and core engaged focusing on form and range of motion instead of weight. The purpose of this exercise is to go slightly lower than you can normally.

**DB STEP DOWNS****20 REPS EACH LEG X 4 SETS
REST: 30 SECONDS**

Set up a step or bench (the higher this is the more glute activation). Step down with one leg by keeping all the weight in the heel of the raised leg. The key is for your toe to just touch the floor, but not take any weight. As this gets easier, don't allow your toe to touch at all.



FROG PUMPS**50 REPS X 2 SETS**
REST: NONE

Lie on your back with your legs bent, bring soles of feet together and let the knees drop out wide. Press through the feet and lift the hips up towards the ceiling, pause at the top and lower with control.

**REVERSE HYPER FROGGIES****20 REPS X 2 SETS**
REST: NONE

Lie face down on a bench, with your hips on the short edge. Start with your knees bent and feet together. Press your legs out and up, keeping a slight bend in the knee and squeezing your glutes. Return to this start position. This is one rep.

**PLANK TOE TAPS (BOOTY BAND)****20 REPS X 2 SETS**
REST: NONE

Assume the plank position with a booty band looped around legs either above the knees (easier) or around the ankles (difficult). Bracing the core and mid section, step one foot out to the side and back to the middle, then repeat on the other leg.

**FIRE HYDRANTS (BOOTY BAND)****20 REPS EACH LEG X 2 SETS**
REST: NONE

Kneel on hands and knees with the booty band looped around the legs just above the knees. Lock out your shoulders and core and lift one leg out to the side as high as you are able without letting the hips shift position, maintaining the bend in the knee. Pause at the top and lower the leg back to start position, complete all reps on one leg and then swap sides.

**DONKEY KICKS****20 REPS EACH LEG X 2 SETS**
REST: NONE

Get on your hands and knees with your wrists aligned under your shoulders and knees under hips. Lift your left leg parallel to the floor with your knee bent and foot flexed. Slowly return to the starting position and repeat for same side.

**STANDING HIP ABDUCTION WITH PLATE****15 REPS X 2 SETS**
REST: 60 SECONDS

Stand holding a plate against your outer thigh with your hand. Lift your leg out to the side, ensuring the leg is lifting the plate, not your hand, pause at the top and then return the leg to the midline. Complete all reps on one side before changing.



DAY FOUR

LOWER BODY TWO

SUPERSET 1

HEELS ELEVATED SQUAT (HOLDING PLATE)

20 REPS X 4 SETS
REST: NONE

Stand with the heels elevated on plates, holding a plate with both hands in front of the chest. Keeping the torso upright, bend the knees and perform a squat to approximately 90 degrees, pause and then press through the feet and return to stand.



REVERSE DB LUNGES

15 REPS EACH LEG X 4 SETS
REST: NONE

Stand with your feet together and a dumbbell in each hand. Step backwards with one foot and lower the knee down towards the floor. Stand back up with your feet together. This is one rep. Perform all reps on one side before switching to the other.



DB SQUATS

30 REPS X 4 SETS
REST: 30 SECONDS

Hold a dumbbell in each hand by your sides. Feet are hip width apart, hinge at the hips to squat down, bring the dumbbells toward the floor. Return to the standing position.



BOOTY BAND SQUATS**30 REPS X 4 SETS**
REST: NONE

Wrap the resistance band just above your knees. Squat down until parallel keeping your knees out against the band. Slowly come back up, ensuring there is still resistance against the band.

**SIDE LYING ABDUCTION (BOOTY BAND)****20 REPS EACH LEG X 4 SETS**
REST: NONE

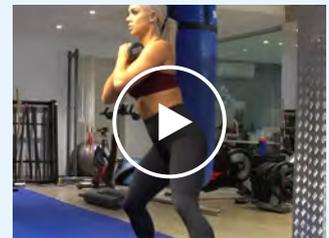
With the booty band around your ankles, lie on your side on a mat/floor with your feet in a neutral position and lower arm placed under head for support. Raise the upper leg to 45 degrees to the lower leg, while keeping your knee straight. You should feel the tension in your glutes and oblique muscles. Return your leg to the starting position. Complete the repetitions and repeat with the opposite leg.

**BACKWARDS DUCK WALK (BOOTY BAND)****20 REPS X 4 SETS**
REST: 30 SECONDS

Wrap the resistance band just above your ankles. Squat down until parallel keeping your knees out against the band. Take small steps backwards, ensuring constant tension on the band and your glutes are always engaged. Don't stand up between reps!

**WALKING DB SIDE LUNGES****15 REPS EACH SIDE X 3 SETS**
REST: NONE

Hold a dumbbell against your chest. Take a long step and lunge down to your left side, then as you stand up bring your right foot across. Continue stepping with your left leg until you have completed all reps, then repeat for your right leg.

**KB SWINGS****20 REPS X 3 SETS**
REST: NONE

Hold the kettlebell between your legs. Bend over slightly by pushing your hips back and knees slightly bent. Swing the kettlebell up and then back through in between your legs. Swing the kettlebell with the movement of your hips thrusting forward and back, not your arms.

**WEIGHTED WALL SIT****30 SECONDS X 3 SETS**
REST: 30 SECONDS

Come into a 90 degree box squat position on wall. Make sure feet are shoulder width apart, hips and knees are in line with each other. Core is engaged, glutes are activated and lower back is not arching off the wall. Bring the weight to chest height, and hold this position.



**PLANK TOE TAPS
(BOOTY BAND)****10 REPS X 4 SETS
REST: NONE**

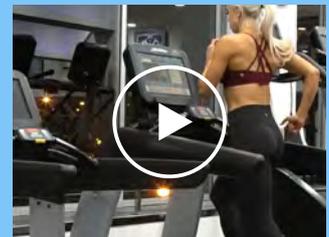
Assume the plank position with a booty band looped around legs either above the knees (easier) or around the ankles (difficult). Bracing the core and mid section, step one foot out to the side and back to the middle, then repeat on the other leg.

**BANDED HOVER
ABDUCTIONS****15 REPS X 4 SETS
REST: 30 SECONDS**

Come to a four point kneeling position on the floor, with a band around your legs just above your knees. Hover your knees a few inches off the floor so that you are on your toes. From here, pull your knees apart and release them back together repetitively to work your abductors, while keeping your core and shoulders strong.

**WEEK 5 – 6****DAY FIVE****OPTIONAL HIIT & CARDIO****HIIT SPRINTS
(WALK FOR REST)****40 SECONDS X 15 SETS
REST: 20 SECONDS**

Either outside or on a treadmill, sprint for the indicated period of time, then walk slowly for the indicated rest time.



**SIT UP TO
PLATE RAISE****15 REPS X 4 SETS
REST: NONE**

Bring feet shoulder width apart, flat on the ground. Lower back onto the mat and weight plate straight above head. Engage core and plant feet firmly on ground. From base position roll shoulders off the mat and reach weight towards the roof. Once at top of the exercise, slowly lower back to starting position.

**OBLIQUE PLATE
CRUNCHES****12 REPS EACH SIDE X 4 SETS
REST: NONE**

Hold a weight plate in 1 arm. Slowly lower to the same side you are holding the weight plate, keeping it close to your leg. Pause at the bottom for 1 second before using your obliques to lift back up to the start. Keep your core engaged the whole time. Complete the same amount of reps on the other side.

**MOUNTAIN
CLIMBERS****30 REPS EACH SIDE X 4 SETS
REST: NONE**

Assume the push up position, stabilise the core and lift one leg, bringing the knee in towards the chest, then extend back out to start position. Repeat on the other leg.

**PLANK SINGLE
LEG LIFTS****12 REPS EACH LEG X 4 SETS
REST: 30 SECONDS**

Start from a strong plank shape each rep. Lift your leg as high as you can without twisting your hips, and alternate legs each time. If you start to find this easy, straighten your arms while performing each rep.





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