

# BootyBlast



Remember to Consult a Physician if you are not sure you're ready to start working out. If you feel dizzy at any time during this workout, please stop and seek help.

**Video Link: <http://youtu.be/lqzcg1JWqvU>**

The following BootyBlast workout is to be performed one exercise at a time with minimal rest between sets. Do not get caught up with timing: slower means more burn and muscle building while faster means tight, athletic muscles.

Exercise	Description
10 Alternating Reverse Lunges	Maintain a straight torso and no more than 90 degree bend in the knees
10 Plie Squats	Point toes outward and (unlike dance) push hips backward
10 Side Steps Left	Stay low and step from heel to toe while maintaining slight lower back arch
10 Lateral Taps Left	Stay low tap the toes near and far from your planted foot
10 Side Steps Right	Stay low and step from heel to toe while maintaining slight lower back arch
10 Lateral Taps Right	Stay low tap the toes near and far from your planted foot
10 Bent-Leg Steps Forward	Stay low and step from heel to toe while maintaining slight lower back arch
10 Fwd/Bkwd Left Leg Taps	Stay low tap the toes forward and back from your planted foot
10 Bent-Leg Steps Backward	Stay low and step from heel to toe while maintaining slight lower back arch
10 Fwd/Bkwd Right Leg Taps	Stay low tap the toes forward and back from your planted foot
10 Left Leg Scales	Stand on left leg, tilt forward, and squeeze left glute to stand back up
10 Left Leg Kickbacks	Stand on right leg, put hands on right knee, kick left heel to sky
10 Right Leg Scales	Stand on right leg, tilt forward, and squeeze right glute to stand back up
10 Right Leg Kickbacks	Stand on left leg, put hands on left knee, kick right heel to sky
10 Quadruped Left Side Raises	Down on all fours, raise left leg (bent 90 degrees) out to side
10 Elbows Down Left Kickbacks	Stay on knees, drop to elbows, and kick left heel up to sky
10 Quadruped Right Side Raises	Down on all fours, raise right leg (bent 90 degrees) out to side
10 Elbows Down Right Kickbacks	Stay on knees, drop to elbows, and kick right heel up to sky
10 Left Leg Clams	Lay on right side, keep hips straight, bend knees 90 degrees, separate knees
10 Right Leg Clams	Lay on left side, keep hips straight, bend knees 90 degrees, separate knees
10 Left Side Plank Right Knee Drive	Straight body on extended left hand and right foot, drive toward shoulders
10 Right Side Plank Left Knee Drive	Straight body on extended right hand and left foot, drive toward shoulders
10 Squat Jumps for Height	Keep knees above ankles (sit back) when down, jump as high as you can
10 Seconds Quick Feet Drill	With knees bent and feet wide, get as many steps in place as you can

Complete your workout with your favorite stretches for the glutes and hips holding each one for 30 seconds.  
Remember to stay hydrated and eat enough calories per day to support healthy muscle growth.

