



# BUILD A BETTER BOOTY PROGRAM

by Zoe Rodriguez

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## Glute Kickbacks

3 sets of 10 repetitions each leg (10 right leg and then 10 left leg in one set) with 1 minute rest between each set.



**Things to Remember:** Keep back straight, and neck aligned, keep your knees directly below hips, and foot flexed.

## Bulgarian Split Squats

3 sets of 12 repetitions (each leg) with 1 minute rest between each set.



**Things to Remember:** Position back leg at least a 90 degree angle or more, whatever is most comfortable for you, bend down with front knee (it is okay for your front knee to pass front toes in just this exercise).

**NOTE:** This exercise has two different modifications, an easier one, and a more difficult one included if you would really like to challenge yourself.

If the above exercise is too difficult or uncomfortable for you, please use the easier modification exercise below.

# Build A Better Booty

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