

Bootyful Beginnings

Recommended Workout Schedule		Alternative Workout Schedules	
Day 1	Workout A	Day 1	Workout A
Day 2	Workout B	Day 2	Rest/active Rest
Day 3	Rest/ Active Rest	Day 3	Workout B
Day 4	Workout A	Day 4	Rest/active Rest
Day 5	Workout C	Day 5	Worout C
Day 6	Rest/ Active Rest	Day 6	Rest/active Rest

Warm up before the workout

Try to complete full reps/set with as much weight as you can lift

Make sure to engage your glutes in every movement

Strive to lift more weight each week and surpass your previous reps if you don't reach the maximum.

To determine your MAX WEIGHT, challenge yourself to complete 10 reps with a given weight. If you cannot push through 11 repetitions, then the original weight is your maximum strength.

Maximize your workout by doing as many repetitions with proper form.

Avoid the temptation to rush through repetitions just for the sake of completing them.

REST for 30-120 seconds; After large muscle group weight lifting rest for 60-120 seconds

DO CARDIO AFTER YOUR WORKOUT

Day 1 - WORKOUT A	SETS	REPS	W1 Weight	W2 Weight	W3 Weight	W4 Weight
BW/Bar Glute Bridge	3 sets	10-20 reps				
One Arm Dumbbell Row	3 sets	8-12 reps				
BW/Bar Box Squat	3 sets	10-20 reps				
Bar/Dumb Bench Press	3 sets	8-12 reps				
Dumb Romanian Deadlift	3 sets	10-20 reps				
Side Lying Abductions	1 set	15-30 reps				
RKC Plank	1 set	20-120 seconds				
Side Plank	1 set	20-60 seconds				

Day 2- WORKOUT B	SETS	REPS	W1 Weight	W2 Weight	W3 Weight	W4 Weight
Single-Leg Glute Bridge	3 sets	10-20 reps				
Front Lat Pulldowns	3 sets	8-12 reps				
BW/Dumb Step Up	3 sets	10-20 reps				
Dumb Military Press	3 sets	8-12 reps				
Weighted 45 Back Extension	3 sets	10-20 reps				
Side Lying Clam	1 set	15-30 reps				
RKC Plank	1 set	20-120 seconds				
Side Plank	1 set	20-60 seconds				

Day 3 - WORKOUT A	SETS	REPS	Weight	Weight	Weight	Weight
BW/Bar Glute Bridge	3 sets	10-20 reps				
One Arm Dumbbell Row	3 sets	8-12 reps				
BW/Bar Box Squat	3 sets	10-20 reps				
Bar/Dumb Bench Press	3 sets	8-12 reps				
Dumb Romanian Deadlift	3 sets	10-20 reps				
Side Lying Abductions	1 set	15-30 reps				
RKC Plank	1 set	20-120 seconds				
Side Plank	1 set	20-60 seconds				

Day 4 - WORKOUT C	SETS	REPS	W1 Weight	W2 Weight	W3 Weight	W4 Weight
Dumb Incline Press	3 sets	10-20 reps				
BW/Dumb Single Leg RDL	3 sets	8-12 reps				
X-Band Walk (or, Cable Hip Abductions)	3 sets	10-20 reps				
Dumb Military Press	3 sets	8-12 reps				
RKC Plank	1 set	20-120 seconds				
Rope Horizontal Chop	1 set	10 reps				

Day 1 - WORKOUT A	SETS	REPS	W5 Weight	W6 Weight	W7 Weight	W8 Weight
Bodyweight Hip Thrust	3 sets	10-20 reps				
Standing Single Arm Cable Row	3 sets	8-12 reps				
Bodyweight Step Up/Reverse Lunge Combo	3 sets	10-20 reps				
Barbell Bench Press	3 sets	8-12 reps				
Barbell Romanian Deadlift	3 sets	10-20 reps				
Side Lying Abductions	1 set	15-30 reps				
Elevated Foot RKC Plank	1 set	20-120 seconds				
Side plank on feet	1 set	20-60 seconds				

Day 2- WORKOUT B	SETS	REPS	W5 Weight	W6 Weight	W7 Weight	W8 Weight
Single-Leg Glute Bridge	3 sets	10-20 reps				
Negative Chin Up/Pull Down	3 sets	8-12 reps				
Bodyweight Walking Lunge	3 sets	10-20 reps				
Dumbbell Military Press, Standing	3 sets	8-12 reps				
Back Extension /Reverse Hype	3 sets	10-20 reps				
Side Lying Clam	1 set	15-30 reps				
Swiss Ball Crunch	1 set	15-30 reps				
Swiss Ball Side Crunch	1 set	15-30 reps				

Day 3 - WORKOUT A	SETS	REPS	W5 Weight	W6 Weight	W7 Weight	W8 Weight
Bodyweight Hip Thrust	3 sets	10-20 reps				
Standing Single Arm Cable Row	3 sets	8-12 reps				
Bodyweight Step Up/Reverse Lunge Combo	3 sets	10-20 reps				
Barbell Bench Press	3 sets	8-12 reps				
Barbell Romanian Deadlift	3 sets	10-20 reps				
Side Lying Abductions	1 set	15-30 reps				
Elevated Foot RKC Plank	1 set	20-120 seconds				
Side plank on feet	1 set	20-60 seconds				

Day 4 - WORKOUT C	SETS	REPS	W5 Weight	W6 Weight	W7 Weight	W8 Weight
Bodyweight Hip Thrust	3 sets	10-20 reps				
Inverted Row / T Bar Row	3 sets	8-12 reps				
Goblet Squat	3 sets	10-20 reps				
Barbell Close Grip Bench Press	3 sets	8-12 reps				
Russian Kettlebell Swing	3 sets	10-20 reps				
X-Band Walk (or, Cable Hip Abductions)	1 set	15-30 reps				
Straight Leg Sit Up	1 set	20-120 seconds				
Band Anti Rotation Hold	1 set	20-60 seconds				

Day 1 - WORKOUT A	SETS	REPS	W5 Weight	W6 Weight	W7 Weight	W8 Weight
Barbell Hip Thrust	3 sets	10-20 reps				
Dumbbell Bent Over Row Seated Row	3 sets	8-12 reps				
Barbell Box Squat Dumbbell full squat	3 sets	10-20 reps				
Barbell Bench Press push up	3 sets	8-12 reps				
Deadlift	3 sets	10-20 reps				
Side Lying Abductions	1 set	15-30 reps				
Swiss Ball Crunch Plank	1 set	15-30 reps / 20-120 seconds				
Side Plank	1 set	20-60 seconds				

Day 2- WORKOUT B	SETS	REPS	W5 Weight	W6 Weight	W7 Weight	W8 Weight
Single-Leg hip thrust single leg bridge	3 sets	10-20 reps				
Band Assisted parallel grip pull up	3 sets	8-12 reps				
Bodyweight Walking Lunge Split Squat	3 sets	10-20 reps				
One Arm Shoulder press Dumbbell Military Press	3 sets	8-12 reps				
Barbell Good Morning Back Extension /Reverse Hyper	3 sets	10-20 reps				
X-Band Walk Hip Abductions	1 set	15-30 reps				
feet elevated RKC Plank	1 set	15-30 reps				
Weighted Side Bend	1 set	15-30 reps				

Day 3 - WORKOUT A	SETS	REPS	W5 Weight	W6 Weight	W7 Weight	W8 Weight
Barbell Hip Thrust	3 sets	10-20 reps				
Dumbbell Bent Over Row Seated Row	3 sets	8-12 reps				
Barbell Box Squat Dumbbell full squat	3 sets	10-20 reps				
Barbell Bench Press push up	3 sets	8-12 reps				
Deadlift	3 sets	10-20 reps				
Side Lying Abductions	1 set	15-30 reps				
Swiss Ball Crunch Plank	1 set	15-30 reps / 20-120 seconds				
Side Plank	1 set	20-60 seconds				

Day 4 - WORKOUT C	SETS	REPS	W5 Weight	W6 Weight	W7 Weight	W8 Weight
Single-Leg hip thrust single leg bridge	3 sets	10-20 reps				
Inverted Row / T Bar Row	3 sets	8-12 reps				
Goblet Squat	3 sets	10-20 reps				
Barbell Close Grip Bench Press	3 sets	8-12 reps				
Russian Kettlebell Swing	3 sets	10-20 reps				
X-Band Walk (or, Cable Hip Abductions)	1 set	15-30 reps				
Straight Leg Sit Up	1 set	20-120 seconds				
Band Anti Rotation Hold	1 set	20-60 seconds				