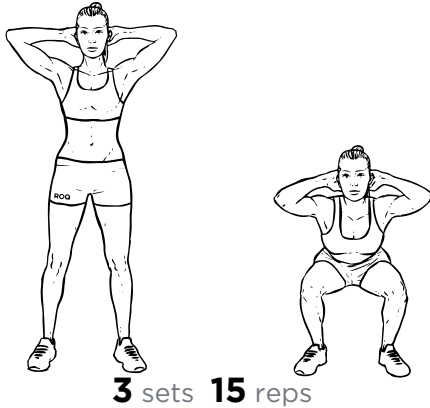


Bride Booty (Home Workout)

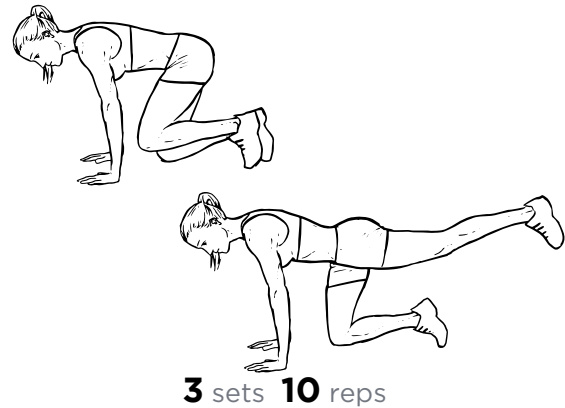


A1 Bodyweight Squat



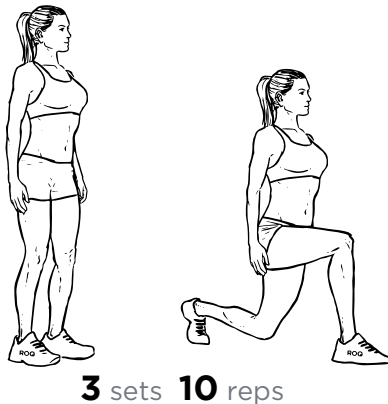
3 sets 15 reps

A2 Donkey Kicks



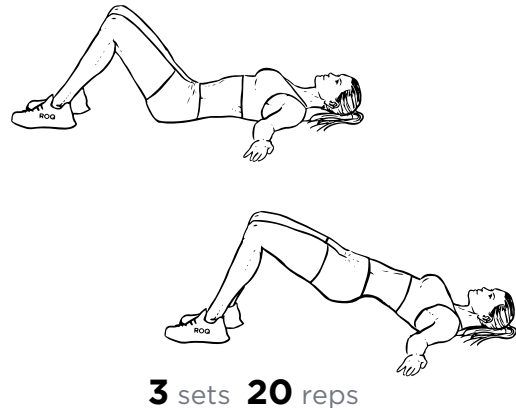
3 sets 10 reps

B1 Bodyweight Walking Lunge



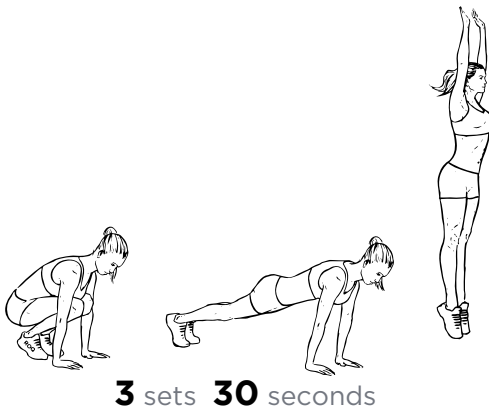
3 sets 10 reps

B2 Hip Raise / Butt Lift / Bridge



3 sets 20 reps

C Burpees / Squat Thrust



3 sets 30 seconds

Notes:

The reps for Donkey Kicks and Lunges are per leg.

A1 + A2 are to be completed together, as are B1 + B2.

C is to be completed alone.

On Hip Raises/Butt Lift be sure to pause at the top for a few seconds