

# ***“The Big Booty Workout”***

**For women looking to lose body fat while toning their legs and obviously their Butt.**



(It used to be such a nice one!! FamousButts.com=Great Site)

**Created by Jason LaChance for  
members of....**



**“Pain is weakness leaving the body.”**

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- This is a 4 Week Plan in which you will be working out for 3 Days each week
- Ideally to be done Mon, Wed, Fri or Tue, Thur, Sat
  
- Exercises in Circuits are done consecutively with a 1 Min break between sets

## Weeks 1-2

- 15 Reps unless otherwise noted

## Weeks 3-4

- 20 Reps unless otherwise noted

### *Circuit #1*

#### 1. Lunge:



- Stand with both feet together and step out in front of you with one leg
- Slowly lower so that both legs form a 90 degree angle
- Step back into starting position and repeat with opposite leg
- Those who are more advance can add weights or try pausing at the bottom of each rep for 3 seconds.

## 2. SB(feet on ball) Pushup



- Start in front of the stability ball and slowly roll your stomach onto the ball
- Place your hands on the ground and slowly walk your hands out
- The further out you go the harder the pushup will be
- Beginners start off on your knees
- Intermediates on your shins
- Advanced onto feet and toes

## 3. 1 Leg Bridge



- Start off with your heels on the ground and forming a 90 degree angle with your knees and hamstrings.
- Push your heels into the ground and lift your butt off of the ground and up.
- Activate your core by tightening your stomach and then squeezing your glutes together and up
- Pause for a second at the top and slowly lower back down.
- You have to control this movement and let it come from your butt to really gain the benefits. You should feel it in your butt and hamstrings.
- For the more advanced raise 1 foot off and squeeze up one leg at a time

#### 4. Side Plank w/Hold



- Lie on the side with legs bent. Perform the exercise on your feet if advanced enough
- Before movement begins, optimal postural alignment is mandatory.
- Place right elbow directly under the right shoulder for support.
- Draw your lower abdomen inward toward your spine.
- While maintaining the drawing-in maneuver, lift body up onto forearm and hold
- 10-15 Seconds for beginners
- 15-30 Seconds for intermediates
- 30-60 Seconds for advanced

### *Circuit #2*

#### 1. 1 Leg Press



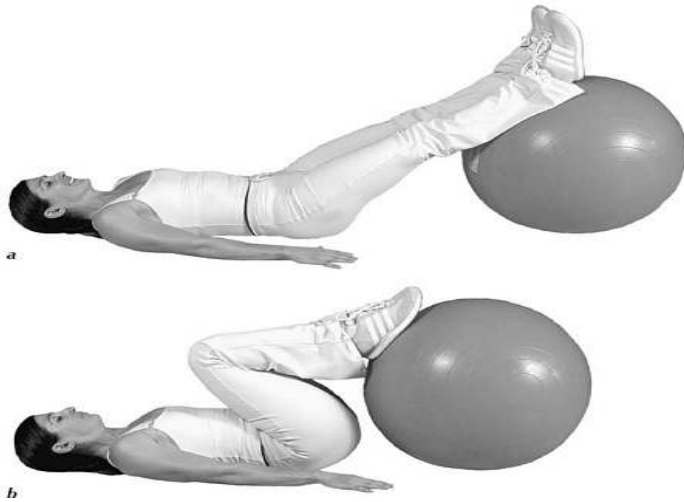
- Find a leg press that is not inverted, but is instead horizontal.
- Choose a weight you can comfortably do with both legs for a number of reps. Cut this weight in half.
- Push out on your first rep with both legs and proceed to take 1 leg off keeping this leg off the ground. It should not be touching the machine, ground or anything.
- Push out with leg still on pad and repeat for required reps before switching legs.

## 2. **Inverted Row (10-15 Reps)**



- Lie under bar so that the bar is at mid-sternum level.
- Activate core with drawing in and pelvic floor contraction.
- Choose appropriate grip (under or overhand).
- Perform row and lift body towards the bar.
- The bar should meet the mid-sternum.
- Lower slowly to full extension

3. **SB Leg Curls** (Make sure you raise your hips high to work your butt)



- Lay on your back with your ankles on top of a stability ball
- Raise your hips off the ground and slowly bring the ball back to your hamstrings
- While curling the ball back try to raise your hips as high as possible and then lower as you extend the ball back out
- Your butt should not touch the ground after starting the exercise
- The farther to the side your arms are the more balance you will have.

4. **Hand to Feet Crunches** (Follow the pics, but add a crunch as your bring your knees to you chest)



- Make sure to keep your abs tight and your lower back pressed to the floor
- If you can't keep your lower back to the floor then keep your legs slightly more bent than shown
- For those who are more advance you can extend your legs out until they are straight

## Circuit # 3

### 1. DB 1 Leg OH Press



- Extend the dumbbells over your head until you have a slight bend in your elbow
- Pause at the top and slowly lower until weights are in line with your chin a
- Repeat

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### 2. Reverse Grip Pull down(Palms are shoulder width and facing toward your body despite what the grip in the pic shows)



- Pull straight down to your clavicle(the top of your chest)
- Keep your head up forward and your abs tight.

### 3. DB Lateral Raise (2 second pause at top, and 2 sec on way down)



- Tight abs and slight bend in your knees

#### 4. Band Bicep Curls



- Tight abs
- The temp for this exercise should be 1 second up and 1 second down
- You don't have to pause at the top or the bottom

#### 5. DB Lying Triceps Extensions



- Tight abs and a slight bend in your knees
- Keep elbow locked right at your side
- Bring cable up just above 90 degrees without raising your elbows from starting position
- Extend the cable back down and pause for a good second at the bottom

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