

LOWER BODY WORKOUT THAT IS SURE TO GET RESULTS!

Let's talk about that lower body for a second. How frustrating it is. Particularly for women to get that tight shapely butt! We diet, we walk, run, try to figure out what exercise is going to tackle those glutes. Well, I'm here to solve that mystery for you by providing some exercises that are guaranteed to produce results. Do these exercises 2-3 times a week interspersed in your workouts or as a circuit at the start of your workout.

Do each exercise with 10-15 reps, depending on how much weight, if any, you are using and how many sets you are going to do.

WORKOUT:

1) 1 legged squats:

No weight	12 reps on each leg	2-3 sets
Dumbbell	10 each leg	2-3 sets

Description:

- Stand on a bench or step with one foot.
- If you need to, hold wall with one hand (for balance-not ofr assistance)
- Lower yourself on one leg as low as you can-Make sure you stick your buttout as you lower yourself
- Stand back up (don't use your other leg to push yourself back to a standing position)
- Repeat for the number of sets and switch sides



2) **Stability Ball Hip Extensions:**

20 reps 2-3 sets

Description:

- Lie on your back and place both feet on a ball
- Place hands by your side
- Lift your hips up in the air (squeeze your glutes as you lift them up)
- Lower to the floor and repeat

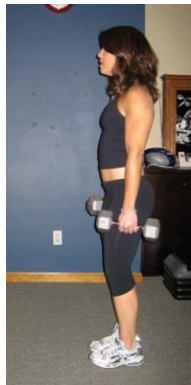


3) **Front lunge floor touch:**

10 reps each leg 2-3 sets

Description:

- Either holding a light dumbbell in each hand or none at all (your choice), start with feet hip width apart.
- Lunge forward with first leg, only unlike the picture below, touch your front foot with the dumbbells (or hands). For beginners, touch your knee and work your way to touching your foot.
- Push off front foot and stand back up.
- Repeat with the other leg for the set amount of reps.



4) Romanian Deadlift:

12 reps 2-3 sets

Description:

- FORM IS EXTREMELY IMPORTANT for this exercise. If you have a bad back, I suggest doing it 1 legged (shown below)
- Stand with feet shoulder width apart holding a dumbbell in each hand.
- Put weight in your heels
- Push hips back first, knees slightly bent (don't bend knees as you go down-keep them slightly bent throughout the move)
- Keep back straight
- While pushing your hips back, lean forward—Again, Don't round your back!
- You should feel this in your hamstrings.
- Focus on your hamstrings and glutes to bring yourself back to a standing position. Repeat for the set amount of reps.



1 Legged Deadlift:

Same as above, only bring your 1 leg back as you go forward. Come back up and repeat on the same leg for 10 reps before moving on to the other leg.



Do these Exercises a couple times a week and you will see a difference! Enjoy and if you wany more “butt blasting” techniques and exercises,

CLICK HERE =====> [LoseFatLiveHealthy-Glutes Bonus](#)

In good health!

Rachel and Linda

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