

# BOOTY BLAST CHALLENGE

## WEEK 1

MON - Lower Back Back Body Target, 15m + Upper Back Thigh, 18m

TUE - Tabata, 39m

WED - Strong Back, 24m

THUR - Feel Good Arms & Cardio, 19m

FRI - Pretzel Target for Upper Glutes, 8m + Bridge Target, 11m

SAT - Quick Tabata, 10m + Band Mini Target for Posture, 6m

SUN - Relaxation Stretch, 30m

## WEEK 2

MON - Triceps, 15m + Booty, 18m + Foldover Target, 5m

TUE - 30 Minutes Cardio of Choice

WED - Butt Lift, 17m + Booty Blast Reset Target, 6m

THUR - TTT Upper Body Sleek, 21m

FRI - Feel Good Cardio, 30m + Pretzel Lift Target, 10m

SAT - Upper Body Stretch, 14m + 30 Min Cardio of Choice

SUN - Active Stretch 3, 21m

