

10 Minute Booty Burn w/ Resistance Band

Warm Up

*30 seconds of each

1. High knees
2. Straight leg kicks
3. Walk out plank

Workout

1. Lateral Walks, Right (10)
*Slightly bend knees, small steps to side



2. Squats (10)



3. Lateral Walks, Left (10)

*Same as picture above (#1)

4. Squats (10)

*Same as picture above (#2)

5. REPEAT

6. Kickbacks, Right (10)



7. Kickbacks, Left (10)

*Same as picture above (#6)

8. Toe taps (10)
*Tap toe out to side, alternate legs



9. **Repeat-** 10 Lateral Walks Right, 10 Squats, 10 Lateral Walks Left, 10 Squats
10. **Repeat-** 10 Kickbacks Right, 10 Kickbacks Left, 10 toe taps
11. **Final Burn Out!**
a. 3 set of 10 squat pulses