



xbandstraining.com

12
WEEK
GUIDE

THE X BANDS

ULTIMATE BOOTY BANDS GUIDE

12 WEEK INTENSE BOOTY BUILDING HOME GUIDE. DESIGNED TO TARGET BOTH BACK AND SIDE BOOTY, FAST AND SLOW TWITCH MUSCLES. ALL FROM HOME OR WHERE EVER

HOME EDITION

DESIGNED FOR THE MOST EFFECTIVE BOOTY BANDS



THANK YOU FOR CHOOSING THE X BANDS

THIS GUIDE IS DESIGNED TO TARGET ALL 3 AREAS OF THE BOOTY (MEDIUS, MAXIMUS, MINIMUS).
USE WHICHEVER BAND IS CHALLENGING FOR YOU.



If you have any questions or need assistance please email us at: thexbands@gmail.com and we'll be more than happy to help you out.



For more awesome exercises follow our Instagram [@thexbands](https://www.instagram.com/thexbands) and make sure to tag us in your progress pictures and workout videos, we love seeing them!



And please don't forget to leave us a [review on www.xbandstraining.com](https://www.xbandstraining.com). Your feedback is extremely valuable and important!

Enjoy your bands and have fun!
Your The X Bands Team



HOW TO GROW A BUTT

Inside this program will be a variety of different workouts and exercises. In order to get the most out of the program and achieve the best results you will need to push yourself and challenge yourself. Don't be afraid to do more reps or up the resistance levels. Each set should be challenging. The number of reps is a target to reach if you can do a couple extra do it then next time up the resistance levels.

Your glutes are made up of 2 different types of muscles type 1 and type 2 fast and slow twitch. So in this program we will be targeting both groups this means we're going to have heavy days (lower rep higher resistance) and light days (higher reps less resistance). Depending on your body they can vary from around 40%-60% of each or some people may have more slow twitch others more fast twitch. So we will be targeting both evenly to make sure we get maximum growth.



ULTIMATE BOOTY BANDS GUIDE



DIET

According to your goals and current body type you may need to increase or decrease your food intake as well as increase or decrease your amount of cardio.

For example, if you're trying to lose weight while tone up your legs and glutes you'll have to do some extra cardio and limit the amount of calories and carb intake. If you're trying to gain some more muscle you'll need to increase your calorie intake and limit the amount of cardio.

Tips to gain weight and size: If you're naturally a skinny person and you want to make your legs and booty grow you will have to increase your diet. By eating more healthy carbs, proteins, and healthy fats. Start by keeping a log of your current diet and about how many carbs, calories, protein and fats you are intaking. We have blank sheets on our website if needed. Then start by increasing all of them 10-20% do this for at least 1-2 weeks and track your body not only by weight but also pictures and measurements. Your body will begin to change as you begin to workout and eat more. If you're still staying lean then increase your diet again another 10-20% and same thing monitor it for 2 weeks and track your progress. If you're starting to get fluffy and see your putting on extra weight start increasing your cardio and slightly decrease your numbers by 5-10%. If you're still staying lean increase it again. Remember everybody is different and require different amounts of food to grow so there is no exact numbers for everyone. Also, as you get older your

numbers will change as well as the more muscle you have the numbers will change. The key is eating a clean and healthy diet eat smaller meals throughout the day try and shoot for 4-6 meals a day and make sure their good quality foods. You can check out our food section of the website for different ideas and numbers. But remember your muscles need food in order to grow so eat often and eat healthy.



Tips to cut down in size while maintaining muscle and shape:

If you're trying to lose some weight while trying to keep your curves you will need to pay close attention to your diet as well as the way your body looks in the mirror. I suggest keeping an active photo log as well as keeping measurements try to do pictures and measurements around every 3-5 days. Remember when it comes to that time of the month some bloating and weight gain may accrue but don't worry about that.

So same as in the gaining size section you're going to want to keep a daily log of what you're eating in terms of approximate number of carbs, calories, proteins and fats. We have blank sheets on the site if you need them as well as food numbers. Once you have your base numbers of what you're currently eating we're going to start making some small changes over time and see how your body reacts. Everybody is different therefore there is no exact number or diet that works for everyone. So, what we're going to start doing is lowering all your numbers across the board 10-20% from what your base numbers were and we're going to keep it around there for 1-2 weeks and see how your body reacts remember take pictures and measurements every couple of days. We don't want to drop them too fast because with the increase in physical exercise from the workouts your body will need those calories and nutrients to help grow and repair those muscles and as you add more muscle, they will burn more calories to maintain and grow. Just like how professional body builders need to eat 6-8,000 calories a day the more muscle you have the more calories your body naturally burns. So, this is why we don't want to make any

drastic changes. Also, you're going to want to eat multiple times throughout the day around 4-6 times. Make sure they are smaller meals but you need to make sure you eat throughout the day to keep your metabolism working and keep your burning calories though the day this also will help you from getting tired throughout the day if your body has food to keep it going.

So, after the first 2 weeks take a look at your body and if it's not making any visible changes drop the numbers again 10% if it is making some changes maintain those numbers, you'll continue to lose weight and gain muscle. Like we said everyone is different so there's no exact number or plan that fits every person. If you need some help just shoot us a message. Continue to monitor and maintain healthy eating habits throughout the program. The better-quality food you put in your body the better it will perform so stay away from fast food and stick to real food that's clean and healthy. Your body will respond much better to it and you'll have better results.



CARDIO

If you're trying to put on size you should limit the amount of cardio that you do. But here are some good cardio options to keep your lungs healthy without cutting into your booty gains. If you're trying to lose body fat and tone up, you'll want to increase the amount of cardio as well as change up your eating habits.

- 1. Stairmaster:** can be a great cardio exercise you can also add some bands and incorporate a kickback on the light days of the workout guide to get some added reps in. It also will help trim down your quads and hamstrings if you want that as well.
- 2. Swimming:** Swimming is a great full body workout that is easy on the joints. Swimming doesn't require a lot of glute activation which will help you keep your glute gains.
- 3. Boxing or any bag training:** Boxing is one of my favorite cardio exercises it doesn't require a lot of lower body activation which will keep your gains but requires a lot of upper body and core strength giving you toned arms and mid-section. Try to keep your heart rate up and go as long as possible and as many rounds as you want. It also is a great stress reliever you can hit the bag as hard as you want and it doesn't care..lol
- 4. Battle ropes:** This is another great cardio option and just like boxing it limits the lower body but activates the upper body giving you toned arms, shoulders and core. Just like in boxing push yourself and see how long you can go and you can do as many rounds as you like.

- 5. Jump rope:** This can be another great exercise to incorporate into your workouts for a great calorie burning option. This exercise has limited activation on your glutes and legs while activating your arms, calves, shoulders and abs.
- 6. Sprints Vs running:** When trying to grow your legs and glutes it is key not to do any long-term leg dominant exercises like running. While running you are activating your muscles for an extended period of time and can break down your muscles. Sprints on the other hand can actually help grow your muscles mainly because you're applying as much force for a short period of time then stopping and letting them rest it's like doing as many squats as possible for 30 seconds it will help grow your fast and slow twitch muscles both type1 and type2. So, unless you're trying to make your legs and glutes smaller stay away from running and stick to other cardio options.



GETTING STARTED

So now that we talked about the diet and cardio portions to the guide let's get into your physical part. In this guide there are over 30 different exercises if you have some sort of injury or limitation and can't perform that workout try and do something similar or send us a message and we'll help you out.

Also, everyone will be starting from a different physical fitness level so if you're more advanced make sure to up the resistance to make it more difficult. If you're just a beginner and haven't worked out for a long time make sure to take your time especially the first 2 weeks until your body gets adjusted to working out again. Still try and do the number of reps stated but you can break them up into smaller sets if you need to. So each day will have new exercises that will target either the side or back of the booty as well as light and heavy days. We do this to make sure we grow a nice round booty.

We will be targeting your glutes 3 days a week. Make sure not to do them more than that because they need time to heal and grow. As you work out what's happening is you're breaking down the muscle tissues they rip and tear which is why you get sore. Then you need to let them recover and heal and as they heal, they will grow bigger and stronger. And by doing this over and over again they'll continue to grow and become stronger. That's why recovery and healthy food is just as important as the workout.

The other days you can do cardio or upper body exercises but stay away from the glutes as they need time to recover and grow.

Items you will need: You will need both booty resistance bands as well as a longer resistance band we recommend either the purple 70 lb band or green 100 lb band for the long band and either the set of 5 latex booty bands or set of 4 fabric resistance bands. We highly recommend using our bands as they will provide the greatest amount of resistance and won't slip on your legs.



Weekly check ins: As we stated earlier in the diet section it's key to track your progress not only on the scale but more importantly in the way you look. So, make sure to submit your weekly pics and measurements so you can track your progress and we can help you make any adjustments to your diet or workouts in your profile on xbandstraining.com

Exercise tutorials: If there's an exercise you don't know how to perform then just copy the name of the exercise and put it in the search bar in the exercise section of the website or search through the booty exercise section and watch the video on how to perform the workout properly.

The Pain: Yes we all feel it. You will be sore especially in the beginning we're going to be pushing your body and making you do things you don't normally do in order to target those muscle groups and get them to grow. If you're still too sore from the workout before you may need to take an extra day or 2 to recover more before you workout again especially in the beginning. But after about the first 2 weeks your body will begin to get used to it and you'll be less sore.

Ways to relieve pain:

1. Make sure you stretch really well after each workout. And throughout the day.
2. Try using a foam roller to help break up the muscle tissue and get more blood flow. Also, massage guns are sometimes helpful as well.

3. Epson salt or ice baths. Both can help with pain and recovery.
4. Increase protein and bcaa's. Both will help in the recovery and growth of your muscles.

Program itself: The program will start off easier than progressively get harder throughout the days and weeks. If it's too easy in the beginning up the resistance levels. If it's too hard in the beginning start without resistance and just use body weight until you get strong enough to start using bands for added resistance. Like we said earlier we're all at different fitness levels so you may need to adjust a little to keep challenging yourself.

Light days: On the light days we want to focus on reps and really making your booty burn so for each set you do make sure it is no less than 15 reps. Can be anywhere between 15-40 reps. So, make sure you pick a lighter band.

Heavy day: We want to focus on weight and tension we want to put as much weight and tension on your glutes as possible so make sure to pick a heavy challenging band and try to do no more than 12 reps. You can also add weights if you have them to some of the exercises like squats or hip thrusts. You can also use multiple bands at a time for more resistance.

Let's Begin



THE X BANDS TRAINING

HOME BOOTY BUILDING PROGRAM

WEEK 1

Monday	Wednesday	Friday
<p>Light Rear Day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg.</p> <p>Workout 100 split squats - 50 Each leg</p> <p>120 kneeling donkey kicks - 60 per leg</p> <p>100 laying glute bridges</p>	<p>Light Side Day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 120 squatting side steps</p> <p>120 seated butterflys.</p> <p>100 plank side steps -50 per side</p> <p>75 sumo squats.</p>	<p>Heavy Rear Day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 30 standing kickbacks (heavy band)</p> <p>40 single leg glute bridge each leg 4x10</p> <p>45 kneeling hip thrusts 3x15hold and squeeze at the top.</p>

Tuesday & Thursday | Upper body abs and cardio.

Saturday & Sunday | Rest / make up days

WEEK 2

Monday	Wednesday	Friday
<p>Heavy side day.</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 80 Laying clamshell -40 reps per side 4x10</p> <p>40 baby makers. -4x10</p> <p>45 Laying swimming side kicks. -3x15</p>	<p>Light Rear day.</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 80 Plank side steps -4x10 each side</p> <p>48 seated butterflys -4x12</p> <p>100 side steps -5x10 each leg.</p>	<p>Light side day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 120 Curtsy lunge -60 per leg</p> <p>120 standing kickbacks -60 per leg</p> <p>60 Good mornings -3x20</p>

Tuesday & Thursday | Upper body abs and cardio.

Saturday & Sunday | Rest / make up days

WEEK 3

Monday	Wednesday	Friday
<p>Heavy Rear Day</p> <p>Warm up</p> <p>60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout</p> <p>72 Kneeling kickbacks - 3x12 each side</p> <p>40 Standing hip thrusts. 4x10</p> <p>48 Pulse squats -4x12 heavy band.</p>	<p>Heavy Side day</p> <p>Warm up</p> <p>60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>60 standing kick backs -30 per leg</p> <p>Workout</p> <p>80 Plank side steps -4x10 each side</p> <p>48 seated butterflies -4x12</p> <p>100 side steps 5x10 each side.</p>	<p>Light Rear Day</p> <p>Warm up</p> <p>60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout</p> <p>100 incline glute bridges</p> <p>120 standing kickbacks -60 per leg</p> <p>60 good mornings -3x20</p>

Tuesday & Thursday | Upper body abs and cardio.

Saturday & Sunday | Rest / make up days

WEEK 4

Monday	Wednesday	Friday
<p>Light side day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 80 jump sumo squats -4x20</p> <p>160 cross back lunge -80 per side 4x20</p> <p>120 kneeling cross kicks -4x30 per side</p>	<p>Heavy Rear Day</p> <p>Warm up 60 Banded air squats.</p> <p>100 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 80 Standing kickbacks 4x10 each side</p> <p>60 Pistol squats -30 per leg</p> <p>90 single leg glute bridge -3x30 per side.</p>	<p>Heavy Side Day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 80 Kneeling fire hydrants -4x10 each side</p> <p>48 hip thrusts -4x12 heavy bands</p> <p>50 sumo squats -5x10</p>

Tuesday & Thursday | Upper body abs and cardio.

Saturday & Sunday | Rest / make up days

WEEK 5

Monday	Wednesday	Friday
<p>Light Rear day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 120 lunge to knee thrust -60 per leg</p> <p>125 incline glute bridge</p> <p>125 banded squats</p>	<p>Light Side Day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 120 laying clamshells 60 per leg</p> <p>120 curtsy lunge -60 per leg</p> <p>100 baby makers</p>	<p>Heavy Rear Day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>60 standing kick backs -25 per leg</p> <p>Workout 50 Decline glute bridges -5x10</p> <p>60 plank leg lifts 5x12 per side</p> <p>60 split squats 30 per side.</p>

Tuesday & Thursday | Upper body abs and cardio.

Saturday & Sunday | Rest / make up days

WEEK 6

Monday	Wednesday	Friday
<p>Heavy Side Day</p> <p>Warm up 60 Banded air squats.</p> <p>100 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 48 pluse sumo squats -4x12</p> <p>48 kneeling cross kicks -4x12 per leg</p> <p>50 seated abductors</p>	<p>Light Rear Day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 100 kneeling hip thrusts 125 incline glute bridges 120 standing kickbacks -60 per leg</p>	<p>Light Side Day</p> <p>Warm up 80 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 120 frog pumps 120 sumo squats 100 laying swimming side kicks -5x20 reps</p>

Tuesday & Thursday | Upper body abs and cardio.

Saturday & Sunday | Rest / make up days

WEEK 7

Monday	Wednesday	Friday
<p>Heavy rear Day</p> <p>Warm up</p> <p>60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>60 standing kick backs -25 per leg</p> <p>Workout</p> <p>96 Standing kickbacks -4x12 heavy band.</p> <p>100 Pistol squats -50 each leg</p> <p>48 Hip thrusters -4x12</p>	<p>Heavy Side Day</p> <p>Warm up</p> <p>60 Banded air squats.</p> <p>100 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout</p> <p>80 Kneeling Fire hydrants -4x10 each side heavy band</p> <p>48 Baby makers -4x12 Heavy band</p> <p>60 Monster walks -3x10 each foot</p>	<p>Light Rear Day</p> <p>Warm up</p> <p>60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout</p> <p>120 Lunge to knee thrust -60 each leg</p> <p>120 Standing hip thrust</p> <p>120 Kneeling hip thrusts</p>

Tuesday & Thursday | Upper body abs and cardio.

Saturday & Sunday | Rest / make up days

WEEK 8

Monday	Wednesday	Friday
<p>Light side day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 100 jump sumo squats</p> <p>120 kneeling cross kicks -60 each leg</p> <p>100 Squatting butterflies.</p>	<p>Heavy Rear Day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>60 standing kick backs -30 per leg</p> <p>Workout 80 Split squats -4x10 each leg</p> <p>96 Kneeling kickbacks -4x12 Each Leg</p> <p>80 Single leg glute bridge -4x10 each leg.</p>	<p>Heavy Side Day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 80 Laying Clamshells -4x10 Each Side</p> <p>80 Plank side Steps -40 each Leg</p> <p>60 Seated Butterflies - 5x12</p>

Tuesday & Thursday | Upper body abs and cardio.

Saturday & Sunday | Rest / make up days

WEEK 9

Monday	Wednesday	Friday
<p>Light Rear day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>60 standing kick backs -30 per leg</p> <p>Workout 90 Good mornings</p> <p>120 Standing kickbacks -60 each leg</p> <p>150 Laying glute bridge 5x30</p>	<p>Light Side Day</p> <p>Warm up 80 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 100 sumo squats</p> <p>120 Curtsy lunges -60 each side</p> <p>150 Frog pumps 5-30</p>	<p>Heavy Rear Day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>60 standing kick backs -30 per leg</p> <p>Workout 50 Reverse Hyper Extension -5x10</p> <p>96 Standing kickbacks -4x 12 each leg</p> <p>100 Kneeling stright leg lifts -5x10 each side</p>

Tuesday & Thursday | Upper body abs and cardio.

Saturday & Sunday | Rest / make up days

WEEK 10

Monday	Wednesday	Friday
<p>Heavy Side day</p> <p>Warm up 60 Banded air squats.</p> <p>100 Banded monster walks -5 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 60 Baby makers -5x12</p> <p>100 Side steps -50 each side 5x10</p> <p>48 Pulse sumo squats -4x12</p>	<p>Light Rear Day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 140 incline glute bridge</p> <p>120 Split squats</p> <p>130 Kneeling hip thrusts</p>	<p>Light Side Day</p> <p>Warm up 70 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 120 Plank side kicks -60 each side</p> <p>140 jumping sumo squats</p> <p>140 Standing butterflies</p>

Tuesday & Thursday | Upper body abs and cardio.

Saturday & Sunday | Rest / make up days

WEEK 11

Monday	Wednesday	Friday
<p>Heavy Rear day</p> <p>Warm up 80 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>70 standing kick backs -35 per leg</p> <p>Workout 120 Kneeling kickbacks 6x10 each side</p> <p>120 Lunge to knee thrust -60 each leg 6x10</p> <p>40 lunges -40 per side</p>	<p>Heavy Side Day</p> <p>Warm up 100 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 120 Side Steps -6x10 each side</p> <p>120 Kneeling fire hydrants -5x12</p> <p>30 Banded Sumo squats -3x10</p>	<p>Light Rear Day</p> <p>Warm up 70 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>70 standing kick backs -35 per leg</p> <p>Workout 140 Standing hip thrusts</p> <p>120 lunges -60 each leg</p> <p>120 Kneeling kickbacks -60 Each leg 3x20</p>

Tuesday & Thursday | Upper body abs and cardio.

Saturday & Sunday | Rest / make up days

WEEK 12

Monday	Wednesday	Friday	Saturday
<p>Light side day</p> <p>Warm up 80 Banded air squats.</p> <p>100 Banded monster walks -5 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 140 Frog Pumps</p> <p>120 Cross back lunge -60 each leg</p> <p>150 Seated abductors 6x25</p>	<p>Heavy Rear Day</p> <p>Warm up 80 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>70 standing kick backs -35 per leg</p> <p>Workout 120 single leg glute bridge -60 each leg</p> <p>120 Kneeling kickbacks -6x10 each side</p> <p>72 Pulse squats 6x12</p>	<p>Heavy Side Day</p> <p>Warm up 60 Banded air squats.</p> <p>80 Banded monster walks -4 sets of 20 steps.</p> <p>50 standing kick backs -25 per leg</p> <p>Workout 72 Standing abductors -6x12</p> <p>60 laying hip thrust heavy band</p> <p>100 Plank side steps -5x10 each side</p>	<p>Congradulations you did it enjoy your new booty ;)</p>

Tuesday & Thursday | Upper body abs and cardio.



CONGRATULATIONS!

Make sure to post and submit your progress pictures and enjoy your new booty

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