



# THE BUBBLE BUTT WORKOUT

**DO YOU NEED HELP WITH YOUR FITNESS?**

**JOIN THE 30-DAY CHALLENGE.  
APPLY TODAY—SPACE IS LIMITED!**

**Body360 Fit Personal Training  
West Hollywood, CA  
Body360Fit.com**

**[CLICK HERE TO APPLY!](#)**

**MONTH 1, WEEKS 1-4**

**WK 1**

**WK 2**

**WK 3**

**WK 4**

## EXERCISES

### Day 1

KB Goblet Squat	2 x 8	3 x 8	3 x 10	3 x 12
Thruster Bench Hip Extension	2 x 8	3 x 8	3 x 8	3 x 8
Reaching Single Leg Deadlift (SLDL)	2 x 8	3 x 8	3 x 8	3 x 8
Side Plank Clamshell (Banded)	2 x 8	2 x 10	2 x 10	2 x 10

### Day 2

KB Deadlift	2 x 8	3 x 8	3 x 10	3 x 12
KB Romanian Deadlift	2 x 8	3 x 8	3 x 8	3 x 8
Split Squat Hold	2 x :15	2 x :15	2 x :15	2 x :15
Reaching Lateral Squat	2 x 8	3 x 10	3 x 12	3 x 12
Side Plank Clamshell (Banded)	2 x 10	2 x 10	2 x 10	2 x 10

### Day 3

Goblet Split Squat	2 x 8	3 x 8	3 x 8	3 x 8
Reaching Single Leg Deadlift (SLDL)	2 x 8	3 x 8	3 x 8	3 x 8
Foot Elevated 1 Leg Hip Lift	2 x 8	3 x 8	3 x 8	3 x 8
Side Plank Clamshell (Banded)	2 x 10	2 x 10	2 x 10	2 x 10





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**MONTH 2, WEEKS 1-4**

**WK 1**

**WK 2**

**WK 3**

**WK 4**

## EXERCISES

### Day 1

KB Goblet Squat	3 x 8	3 x 10	3 x 12	3 x 12
KB Goblet Valslide Reverse Lunge	3 x 8	3 x 8	3 x 8	3 x 8
Side Plank Clamshell w/ Mini Band - Hold :2 Second	2 x 8	2 x 10	2 x 10	2 x 10

### Day 2

2 KB Deadlift	3 x 8	3 x 10	3 x 12	3 x 12
1 Leg Squat with Tennis Ball	3 x 5	3 x 6	3 x 7	3 x 8
Sumo Lateral Squat	3 x 8	3 x 8	3 x 8	3 x 8
Side Plank Clamshell w/ Mini Band - Hold :2 Second	2 x 8	2 x 10	2 x 10	2 x 10

### Day 3

2 DB Split Squat	3 x 8	3 x 8	3 x 8	3 x 8
Cable Single Leg Deadlift (SLDL)	3 x 8	3 x 8	3 x 8	3 x 8
Bench 1 Leg Hip Lift	2 x 8	2 x 10	2 x 12	2 x 12
Side Plank Clamshell w/ Mini Band - Hold :2 Second	2 x 10	2 x 10	2 x 10	2 x 10





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**MONTH 3, WEEKS 1-4**

**WK 1**

**WK 2**

**WK 3**

**WK 4**

## EXERCISES

### Day 1

Offset Squat	3 x 5	3 x 6	3 x 7	3 x 8
2 DB Valslide Reverse Lunge	3 x 8	3 x 8	3 x 8	3 x 8
Side Plank Clamshell/Reverse Clamshell with 2 Mini Bands (Knees, Ankles)	2 x 8	2 x 10	2 x 10	2 x 10

### Day 2

KB Deadlift	3 x 8	3 x 10	3 x 12	3 x 12
1 Leg Squat	3 x 5	3 x 6	3 x 7	3 x 8
Foot Elevated 1 Leg Hip Lift	2 x 8	2 x 10	3 x 12	3 x 12
Side Plank Clamshell/Reverse Clamshell with 2 Mini Bands (Knees, Ankles)	2 x 8	2 x 10	2 x 10	2 x 10

### Day 3

Goblet RFE Split Squat (Rear Foot Elevated)	3 x 8	3 x 8	3 x 8	3 x 8
1 DB SLDL	3 x 8	3 x 8	3 x 8	3 x 8
Sumo Lateral Lunge	2 x 8	2 x 8	2 x 8	2 x 8
Side Plank Clamshell/Reverse Clamshell with 2 Mini Bands (Knees, Ankles)	2 x 10	2 x 10	2 x 10	2 x 10

