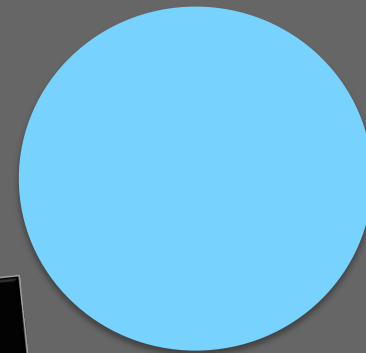


# The Booty Burner Guide



Try this 7-Day Booty Burner Challenge!





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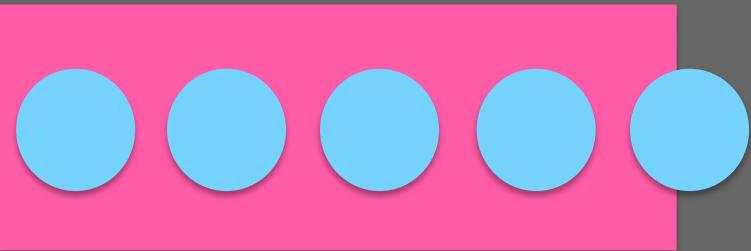
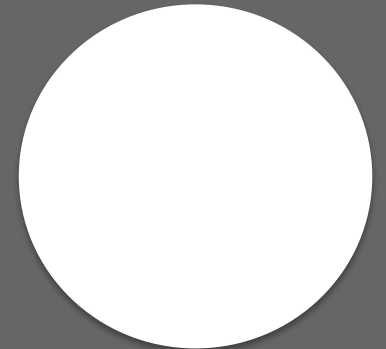
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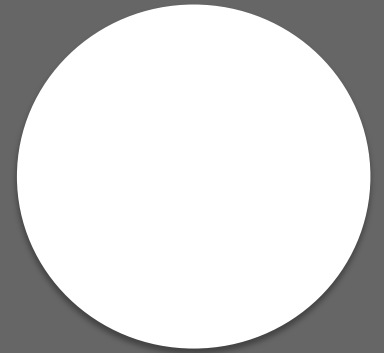
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Finally, use your head. Nothing in this guide is intended to replace common sense, legal, medical or other professional advice, and is meant to inform the reader. So have fun with Redefining Strength, and get your stuff done.

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# What Is A Booty Burner?



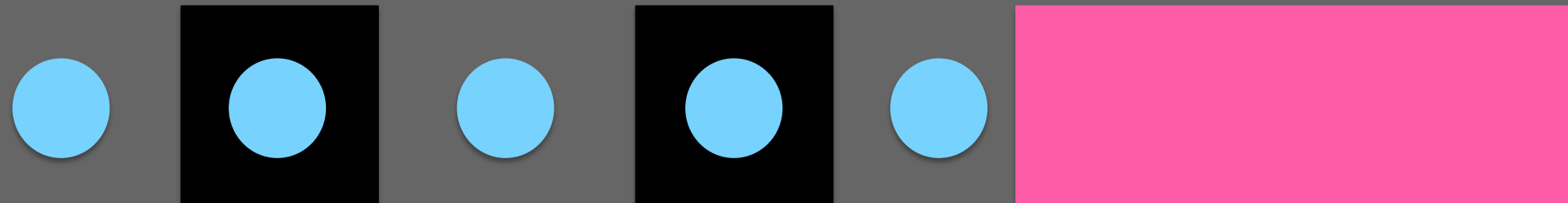
A "burner" is basically a quick circuit that "burns out" the muscle being used. These burners will activate and strengthen your glutes from every angle with a quick series of exercises done back-to-back.

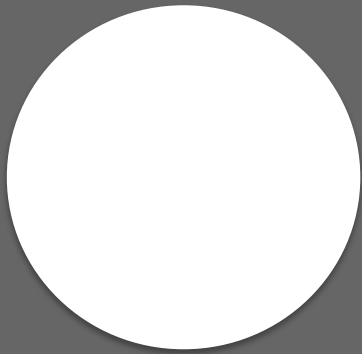
The point is to quickly fatigue your glutes and even push through the burn into they are completely worked. And once they are pumped and fatigued, you stop. You don't do any heavy lifts after or before.

You simply do this Burner and then move onto another body part or call it a day.

It is very important you don't rest but power through unless rest is specified. If you really need a break take like a 5 second, but pushing through to get the pump and BURN is key.

Also, make sure you actually feel your glutes, abductors and external rotators working depending on the moves. Do not let your quads or hamstrings take over. If you don't feel your glutes working, you won't get as much out of the move.





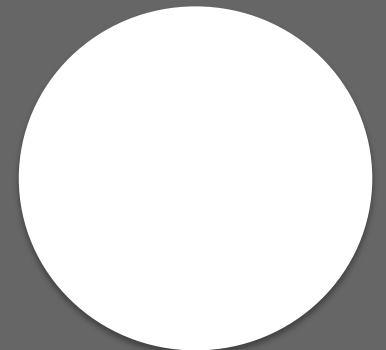
# Your Booty Burner Challenge

Are you ready to strengthen your glutes so they not only look better, but also help you prevent low back pain? Then let's get started with your 28-Day Booty Burner Challenge!

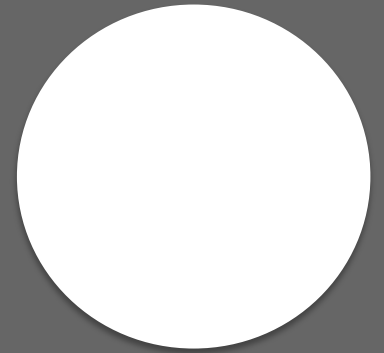
No matter your fitness level you can tone and strengthen your butt with these Booty Burning Workouts!

In this guide are 28 days of Booty Burners. These workouts use your own bodyweight as well as a \$3 Mini Band, Resistance Bands and a simple bench/box or chair. You don't need to lift heavy weights to get great looking glutes!

Follow this 28-Day Schedule and get started building your butt today!



# Before Getting Started



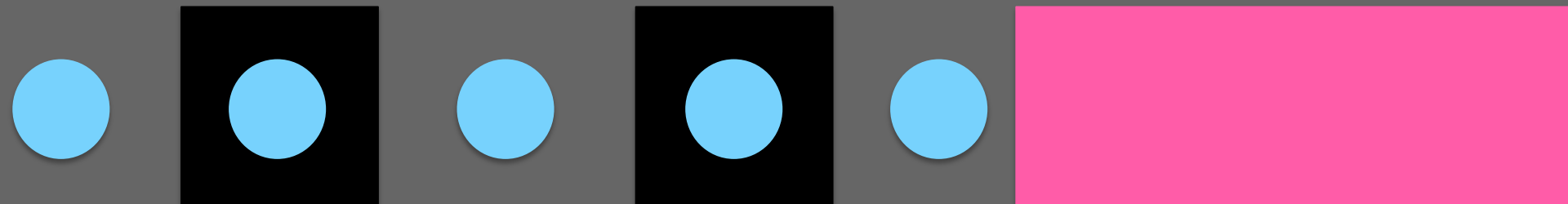
Before getting started, we recommend you review the workouts and exercises to make sure you know how to perform them correctly. If you have questions, don't hesitate to contact Cori at [RedefiningStrength@gmail.com](mailto:RedefiningStrength@gmail.com).

We can also help you adjust workouts if you don't have certain tools.

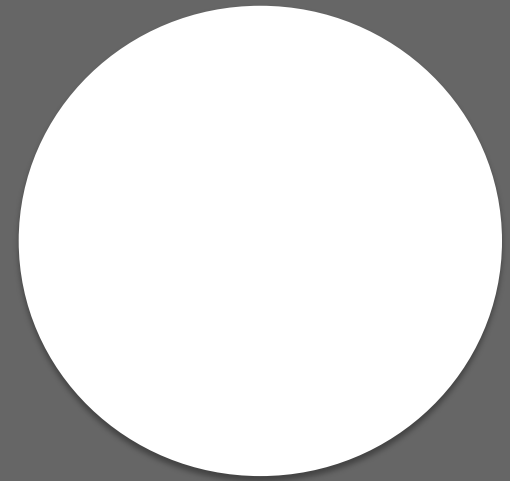
For the best results, do not skip workouts and follow the instructions on each workout exactly.

Work hard and push yourself during each workout so you get the most out of your 28-Day Booty Burner Challenge!

As you move through the share your progress with hashtag #BootyBurner!



# Your Booty Burner Schedule



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Mini Band Booty Burner	Unilateral Booty Burner	Yoga Booty Burner	Rest	Resistance Band Booty Burner	Bridge Booty Burner	Bench Booty Burner

Days 1-7

# Mini Band Booty Burner

Complete 2-4 rounds of the following circuit.  
Beginners may need to start with fewer rounds. Do  
the exercises back-to-back.

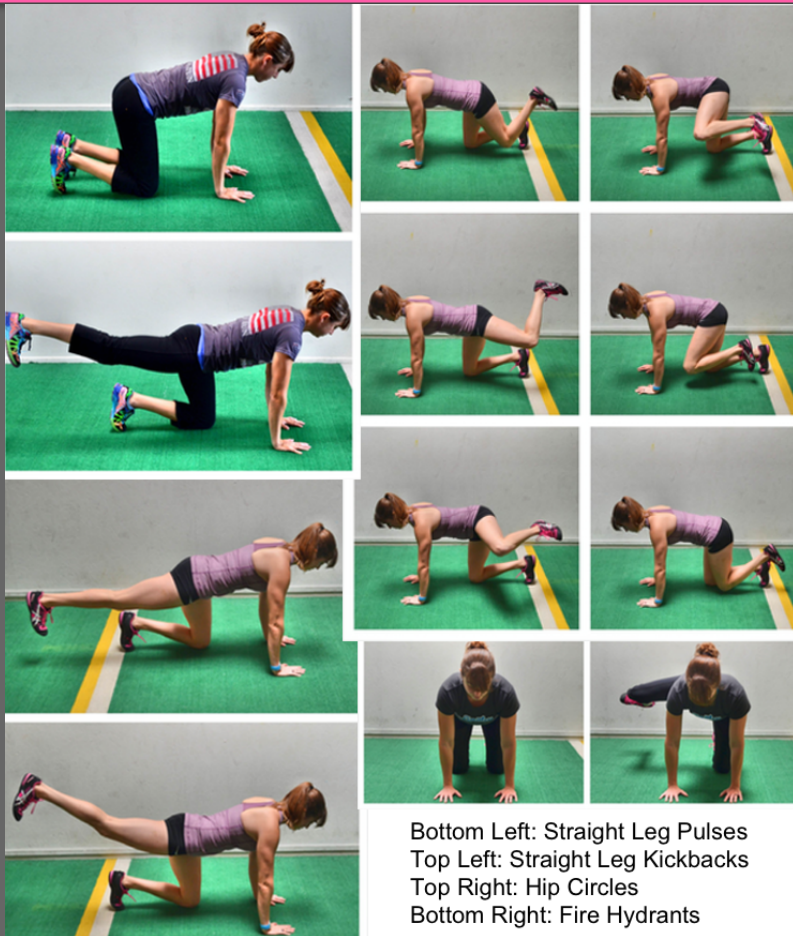
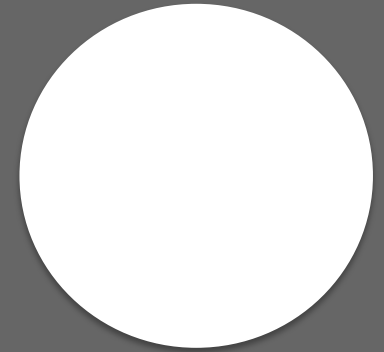
## CIRCUIT:

- 15 reps per side Standing Kickbacks
- 15 reps per side Standing Lateral Raises
- 15 reps per side Monster Walks FWD/BWD
- 15 reps per side Side Shuffle

Day 1



# Unilateral Booty Burner



Bottom Left: Straight Leg Pulses  
Top Left: Straight Leg Kickbacks  
Top Right: Hip Circles  
Bottom Right: Fire Hydrants

Complete 2-4 rounds of the following circuit. Beginners may need to start with fewer rounds. Complete all exercises on one side then do the other side.

## CIRCUIT:

- 15 reps per side Quadruped Straight Leg Kickbacks
- 15 reps per side Quadruped Straight Leg Pulses
- 10 reps per side Hip Circles FWD/BWD
- 10 reps per side Bent-Knee Fire Hydrants

Day 2



# Yoga Booty Burner

Complete 2-4 rounds of the following circuit.  
Beginners may need to start with fewer rounds.  
Do the exercises back-to-back. Complete all  
exercises on one side then do the other side.

## CIRCUIT:

- 20-30 seconds Warrior III
- 20-30 seconds Warrior III Squats
- 20-30 seconds Standing Splits
- 20-30 seconds Half Moon
- 20-30 seconds Twisting Half Moon

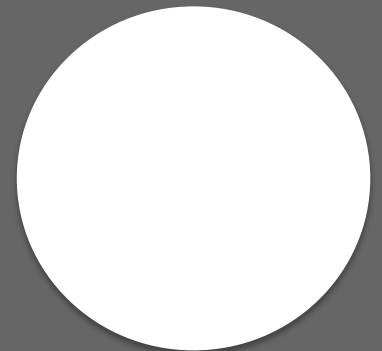
Day 3



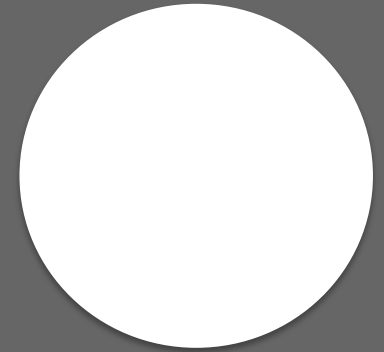
Day 4

REST!

Take time today to stretch and do  
some cardio!



# Resistance Band Booty Burner



Bottom Left:  
Band Pull Throughs

Top Left:  
Band Hip Rotations

Top Right:  
Standing Lateral Raises

Complete 2-4 rounds of the following circuit.  
Beginners may need to start with fewer rounds.  
Do the exercises back-to-back.

CIRCUIT:  
20 reps Band Pull Throughs  
15 reps per side Standing Lateral Raises  
10 reps per side Band Hip Rotations

Day 5

# Bridge Booty Burner

Complete 2-4 rounds of the following circuit.  
Beginners may need to start with fewer rounds.  
Do the exercises back-to-back.

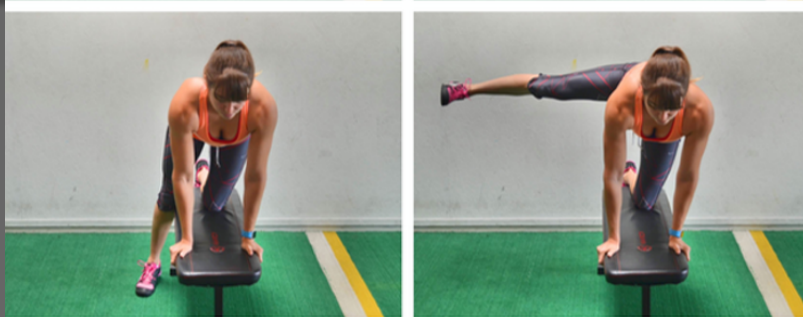
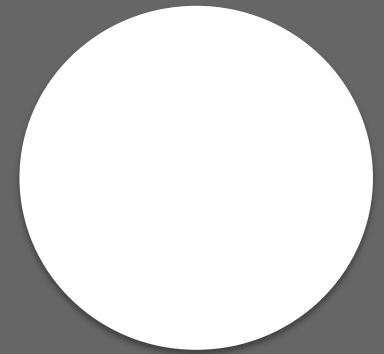
## CIRCUIT:

- 10 reps Camel
- 20 reps Glute Bridge
- 15 reps Table Top Bridge
- 5 reps per side Sit Thru to Thoracic Bridge

Day 6



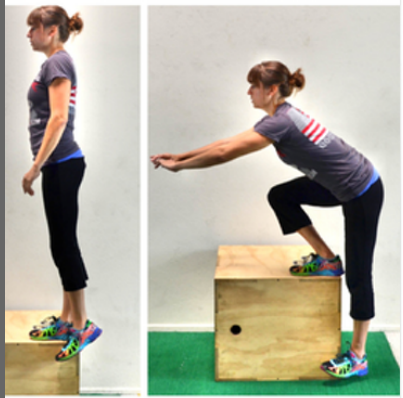
# Bench Booty Burner



Bottom Left: Bench Step Downs

Top: Bench Fire Hydrants

Bottom Right: Bench Kickbacks



Complete 2-4 rounds of the following circuit. Beginners may need to start with fewer rounds. Complete all exercises on one side then do the other side.

## CIRCUIT:

- 15 reps per side Bench Fire Hydrants
- 15 reps per side Bench Straight Leg Kickbacks
- 10 reps per side Bench Step Downs

Day 7

Congrats! You did it!



**Click here to get the full 28-Day  
Booty Burner Challenge!**

Continue on with the full 28 days and build a  
better booty!