

# Booty Boot Camp

*Do 20 Reps of Each exercise, complete 2-3 rounds*

*P.S. you can omit the dumbbells if necessary*

**Plié Squat w/ Dumbbell:** with toes pointed outward in a wide stance, hold a dumbbell in both hands and slowly lower down into a squat. Come back up and repeat.

**Walking Lunges w/ Hanging Dumbbells:** hold a dumbbell in each hand and step forward into a lunge. Continue lunging forward by alternating legs.

**Pulse Squats w/ a Jump:** squat down low and pulse ten times, then quickly drive back up into a jump. Repeat.

**Side Lunges:** Start with feet slightly apart and step wide to the side. Push your butt back while you squat down (make sure knee doesn't go over the toe). Repeat on other side.

**Dragon Lunge:** while holding a heavy dumbbell in your hand, step back so that you bring your left foot behind you and to the right. Reverse and repeat on opposite side.

**Vintage Squat:** while holding a dumbbell in your hands, bring your heels together and up off the ground, then slowly lower into a low squat. Come back up and repeat.

**Bridge Raises w/ Pulse:** lay down with knees bent and a dumbbell laying gently on your lower abdomen. Raise your butt up and then do ten tiny pulses. Lower down and repeat.

**Low Jacks w/ Dumbbell Hold:** hold a dumbbell in a bicep curl position with both hands while half squatting. With abs tight, jump feet out into a jack and come back in to complete one rep.

*Bikini season, here you come!!*

