



PEACHY BUM

30 MIN WORKOUT

EXERCISE	REPS	SETS	REST
BODY WEIGHT SQUATS (warm-up)	20	2	30 SECS
DB WALKING LUNGES SS JUMP SQUATS	15	3	60 SECS
LEG PRESS (normal, close & wide feet)	10	3	60 SECS
KB SUMO DEADLIFT	15	3	60 SECS

60 MIN WORKOUT

EXERCISE	REPS	SETS	REST
BODY WEIGHT SQUATS (warm-up)	25	2	45 SECS
SINGLE LEG PRESS SS SPLIT SQUATS DB	15	4	60 SECS
DB WALKING LUNGES SS JUMP SQUATS	15	4	90 SECS
SINGLE LEG BRIDGE ON STEP	20	3-4	30 SECS
KB SUMO DEADLIFT	15	3-4	60 SECS
ADDUCTOR DS	20	3-4	60 SECS

KEY:

BB	BARBELL
DB	DUMBBELL
DS	DROP-SET
KB	KETTLE BELL
SS	SUPER-SET

PEACHY BUM - PICS

SQUATS



DB WALKING LUNGES



JUMP SQUATS



LEG PRESS

(NORMAL)

(CLOSE)

(WIDE)



KB SUMO DL



SINGLE LEG PRESS



SPLIT SQUAT DB



SINGLE LEG BRIDGE ON STEP



ADDUCTORS

