






## At Home Best Butt Exercises for Women – 12 Week Workout Routine & Log

Exercises	Week 1	Week 2	Week 3	Week 4
	1 <sup>st</sup> day: heavy	1 <sup>st</sup> day: heavy	1 <sup>st</sup> day: heavy	1 <sup>st</sup> day: heavy
	2 <sup>nd</sup> day: light	2 <sup>nd</sup> day: light	2 <sup>nd</sup> day: light	2 <sup>nd</sup> day: light
	1 <sup>st</sup> day: heavy	1 <sup>st</sup> day: heavy	1 <sup>st</sup> day: heavy	1 <sup>st</sup> day: heavy
	2 <sup>nd</sup> day: light	2 <sup>nd</sup> day: light	2 <sup>nd</sup> day: light	2 <sup>nd</sup> day: light
	1 <sup>st</sup> day: heavy	1 <sup>st</sup> day: heavy	1 <sup>st</sup> day: heavy	1 <sup>st</sup> day: heavy
	2 <sup>nd</sup> day: light	2 <sup>nd</sup> day: light	2 <sup>nd</sup> day: light	2 <sup>nd</sup> day: light
	1 <sup>st</sup> day: heavy	1 <sup>st</sup> day: heavy	1 <sup>st</sup> day: heavy	1 <sup>st</sup> day: heavy
	2 <sup>nd</sup> day: light	2 <sup>nd</sup> day: light	2 <sup>nd</sup> day: light	2 <sup>nd</sup> day: light
	1 <sup>st</sup> day: heavy	1 <sup>st</sup> day: heavy	1 <sup>st</sup> day: heavy	1 <sup>st</sup> day: heavy
	2 <sup>nd</sup> day: light	2 <sup>nd</sup> day: light	2 <sup>nd</sup> day: light	2 <sup>nd</sup> day: light
1 <sup>st</sup> Best Butt Exercises of the Week - (heavy weight, low reps) - 3 sets x 6-8 reps x weight 2 <sup>nd</sup> Best Butt Exercises of the Week - (lighter weight, higher reps) - 4 sets x 10-15 reps x weight *Use the heaviest weights possible to complete each exercise. Use dumbbells, kettlebells, and ankle weights. Go deep!				

<http://maalarue.hubpages.com/hub/Get-a-Rounder-Shapelier-Butt-Top-5-Exercises>