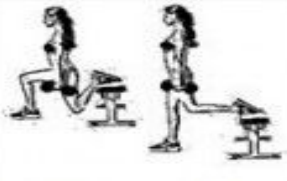


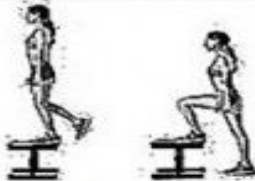
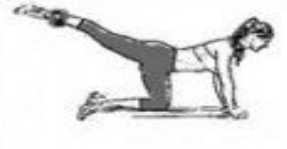





Week 9	1 st Best Butt Exercises of the Week (heavy weight, low reps) 3 sets x 6-8 reps x weight	2 nd Best Butt Exercises of the Week (lighter weight, higher reps) 4 sets x 10-15 reps x weight
Bulgarian Split		
Forward Lunges		
Plie Squats		
Step-Ups		
Dumbbell Squats		
Week 10		
Bulgarian Split		
Forward Lunges		
Plie Squats		
Step-Ups		
Dumbbell Squats		
Week 11		
Bulgarian Split		
Forward Lunges		
Plie Squats		
Step-Ups		
Dumbbell Squats		
Week 12		
Bulgarian Split		
Forward Lunges		
Plie Squats		
Step-Ups		
Dumbbell Squats		

Best Butt Exercises for Women Identifier

			
Bulgarian Split Squat	Forward Lunges	Single-Leg Deadlift	Step Ups
			
Glute Kickbacks – ankle weight	Dumbbell Squats – deep, heavy	Plie Squats - deep	Walking Lunges

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