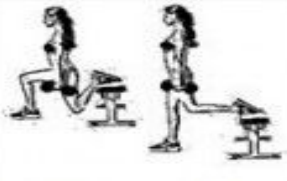


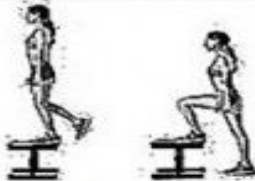
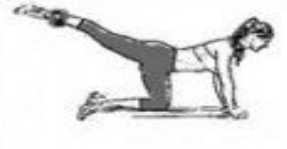





Week 9	1 <sup>st</sup> Best Butt Exercises of the Week (heavy weight, low reps) 3 sets x 6-8 reps x weight	2 <sup>nd</sup> Best Butt Exercises of the Week (lighter weight, higher reps) 4 sets x 10-15 reps x weight
Bulgarian Split		
Forward Lunges		
Plie Squats		
Step-Ups		
Dumbbell Squats		
<b>Week 10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

**Best Butt Exercises for Women Identifier**

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

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