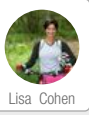




20 Minute Booty Builder (beginner)

Lisa Cohen Fitness



Lisa Cohen

Try This Workout

Equipment: Dumbbells, Bodyweight

Intensity

Reps: 12

Sets: 3 sets per exercise

Load: CHALLENGING weight

Rest: 60 seconds between sets

For each exercise, perform 3 sets of 12 repetitions, resting 60 seconds between sets.

Use a challenging weight that allows you to complete all reps. If the weight is too easy, slightly increase it. If its too hard, slightly decrease it.

Plie Squat

Legs



- 1 - Stand upright holding the dumbbells by your sides with your feet flat, shoulder-width apart and turned out slightly.
- 2 - Lower your body toward the floor sending your hips back and down and your knees out to the sides.
- 3 - Push through your heels to return to the upright position and elevate up onto your toes.

Equipment Sub: Plates, Kettlebells

Step Up Balance

Legs



- 1 - Stand upright with one foot on a bench holding dumbbells at your sides.
 - 2 - Step up onto the bench by pushing down on your front foot and raise your other leg up with a 90 degree angle at the knee.
- Step down off the bench onto the back foot and then repeat.
 - Complete all reps on one side before switching to the other side.

Equipment Sub: Plates, Kettlebells

Glute Bridge

Legs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
 - 2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.
- Lower yourself back to the floor and repeat.

Glute Kickback

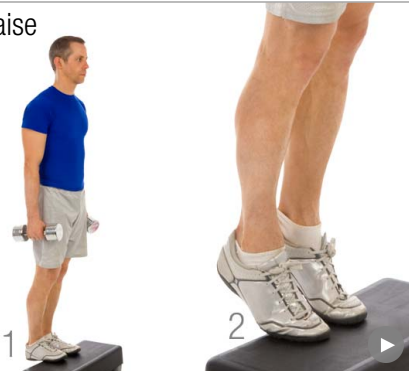
Legs



- 1 - Begin on all fours with knees and hands on the floor.
 - 2 - Kick one leg back and up with a 90 degree angle at the knee, pushing your foot towards the ceiling.
- Lower it back down, bringing the knee towards your chest again and repeat.
 - Complete all reps on one side before switching to the other side.

Calf Raise

Legs



- Stand on your toes on the edge of a step with dumbbells at your sides.
- 1 - Drop your heels down as far as you can.
 - 2 - Raise your heels coming up onto your toes again as high as you can.

Equipment Sub: Plates, Kettlebells