



30 Minute Booty Builder (advanced)

Lisa Cohen Fitness



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Try This Workout

Equipment: Dumbbells, Barbell, Med Ball, Bodyweight, Swiss Ball

Intensity

Reps: 10

Sets: 3 sets per exercise

Load: CHALLENGING weight

Rest: 60 seconds between sets

For each exercise, perform 3 sets of 10 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.

Stiff Leg Deadlift

Legs



- 1 - Stand upright holding the dumbbells at your thighs with your arms straight and your feet hip-width apart.
- 2 - Lower the dumbbells to just below your knees shifting your hips back and keeping your legs straight and back flat.
- 3 - Return to the upright start position.

Equipment Sub: Barbell, Plates

Foot Up Split Squat

Legs



- 1 - Stand with a barbell across your shoulders and one foot up on a bench behind you.
 - 2 - Lower your body down toward the floor, bending at your hips and knees and lean your torso slightly forward.
 - 3 - Push up through your front foot to return to the upright position.
- Complete all reps on one side before switching to the other side.

Equipment Sub: Dumbbells, Plate

Side Lunge

Legs



- 1 - Stand upright holding the dumbbells by your sides with your arms straight.
- 2 - Step laterally to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
- 3 - Push off your outside foot to return to the start position.

- Keep your trailing leg straight.
- Complete all reps on one side before switching to the other side.

Equipment Sub: Plates, Kettlebells

Squat Jump & Curl

Legs



- 1 - Squat holding a med ball in both hands between your feet with your arms straight.
 - 2 - Jump up, bringing your feet close together and curl the ball up to your chest.
- Jump back out into a squat with the ball between your feet and repeat.

Equipment Sub: Plate, Dumbbell

Uni Bench Squat

Legs



- 1 - Stand upright in front of a bench with one foot slightly off the floor.
 - 2 - Lower your body down into a squat position to touch the bench behind, keeping your foot off the floor in front.
 - 3 - Push off your standing foot to return to the start position, keeping your back flat throughout.
- Complete all reps on one side before switching to the other side.

Curtsy Lunge

Legs



- 1 - Stand upright with your arms by sides.
 - 2 - Step back and across behind your other leg, lowering your body down and leaning your torso slightly forward.
 - 3 - Push down on your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.

Back Extension

Lower Back



- 1 - Lie face down with your chest on the ball, your arms crossed over your upper chest and your legs straight out behind.
 - 2 - Raise your chest up off the ball coming to an upright position.
- Do not to bounce up and down on the ball as you perform each rep.



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Glute Bridge Kick

Legs



1 - Lie on your back with your head and shoulders off the floor and one knee drawn into your chest, the other knee bent with your foot flat.

2 - Kick the drawn-in leg out straight at an angle and lower your head and shoulders down to the floor.

- Complete all reps on one side before switching to the other side.