

BOOTY WORKOUT



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WANT THAT PERFECT, TONED BOOTY?

This Madbarz butt workout routine consists of 7 carefully selected exercises and 3 levels of difficulty, all designed to give you the bum you've always wanted!

LIST OF EXERCISES

BOX JUMPS

BULGARIAN SPLIT SQUAT

VERTICAL JUMPS

SQUATS

DUCK WALK

SQUAT JUMPS + 180°TURN

LUNGES

WORKOUT (3 LEVELS)

This workout is 4 cycles long, you just need to pick your workout level!

Training frequency	2 times per week
Break between exercises	90 sec
Break between cycles	60 sec

Exercises - do 4 cycles	LEVEL		
	Beginner	Medium	Advance
Bumps	5	10	15
Bulgarian Split Squat, each leg	5	12	15
Vertical jumps	10	15	25
Squats	12	20	30
Duck Walk	20 sec	45 sec	90 sec
Squat jumps with 180° turn	5	15	20
Lunges, each leg	10	15	20

IMPORTANT NOTE

Incorporate this workout into your regular weekly trainings for best results.

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EXERCISE INSTRUCTIONS

BOX JUMPS



- » Stand straight with your feet shoulder-width apart. Make sure you're at good distance from the box.
- » Before you jump, drop into a quarter squat position and by swinging your arms push your feet away from the floor and land on the box softly with your full feet.
- » Make sure that your knees follow the direction of your toes.
- » Stand tall.
- » Jump back on the floor in a soft quarter squat.
- » Repeat the recommended amount of repetitions.

BULGARIAN SPLIT SQUAT (EACH LEG)



- » Stand straight with your feet shoulder-width apart. Place one leg in front of you and another on a bench or a chair and brace your core.
- » Bend down with your front knee at a 90° angle (your knee should never go over your toes).
- » When you start lifting up concentrate on your front leg, put your weight into your heel to maximally engage the glutes.
- » Repeat recommended amount of repetitions.

VERTICAL JUMPS



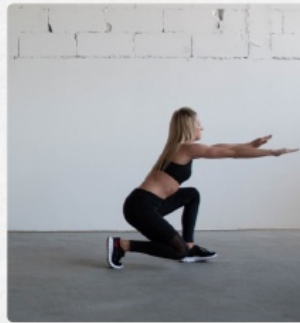
- » Stand straight with your feet shoulder-width apart and start off by lowering into a squat position while inhaling.
- » Jump up while exhaling and swinging your arms for a higher jump.
- » Jump down into the same squat position.
- » Keep your knees at a 90° angle (your knee should never go over your toes).
- » Repeat recommended amount of repetitions.

SQUATS



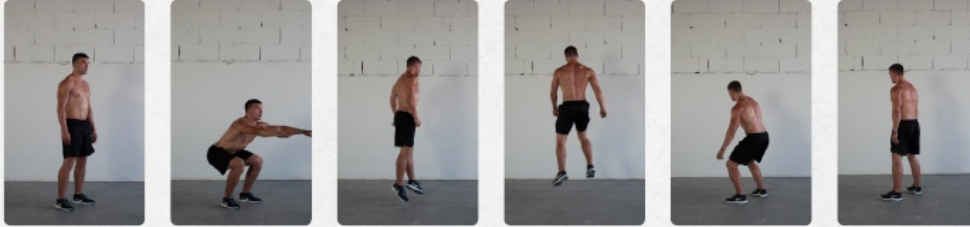
- » Stand straight with your feet shoulder-width apart.
- » Start lowering the body by bending the knees. Push your body weight into the heels.
- » Keep a neutral spine and your chest lifted all the time.
- » As you're lowering down, place your hands in front of your chest for balance.
- » Lower down until your knees form a 90° angle then push back up to a straight position.
- » Repeat recommended amount of repetitions.

DUCK WALK



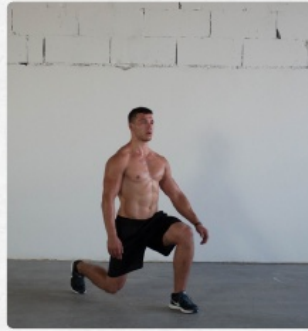
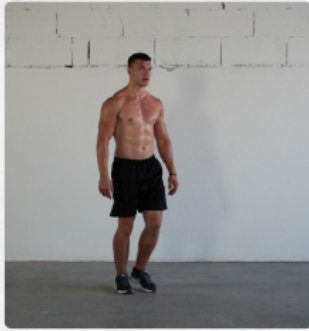
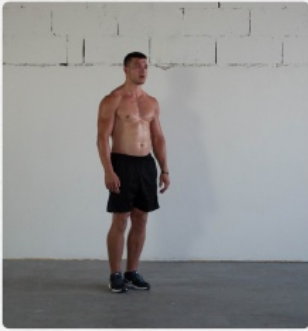
- » Stand straight with your feet a little wider than shoulder-width apart.
- » Start bending your knees into a squat until you lower onto your heels.
- » Keep your hands straight in front of you.
- » Start walking in this low position by making big steps.
- » Continue walking in the recommended amount of time.

SQUAT JUMPS WITH 180° TURN



- » Stand straight with your feet shoulder-width apart and start off by lowering into a squat position while inhaling.
- » Keep your hands straight in front of you.
- » Jump up while exhaling by swinging your arms for a higher jump.
- » Rotate your entire body for 180° while in the jump.
- » Repeat recommended amount of repetitions.

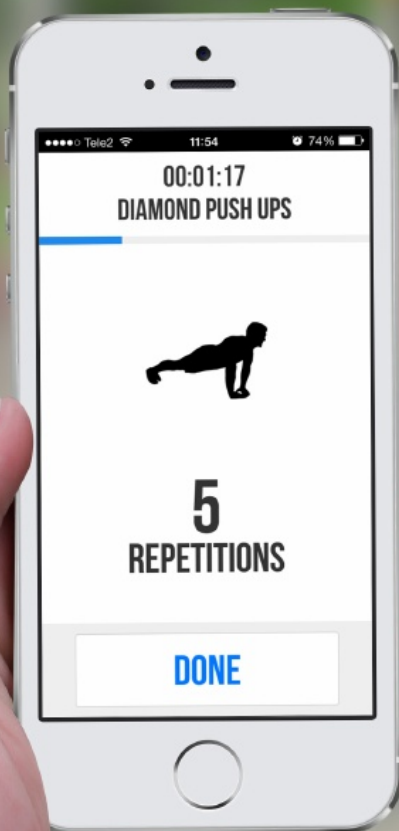
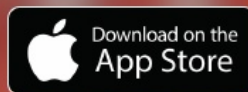
LUNGES (EACH LEG)



- » Stand straight with your feet shoulder-width apart. This is your starting position.
- » Step forward with the right leg while bending your knees and dropping your hips.
- » Lower your back (left) foot down until your knee nearly touches the floor. Don't lean towards the front and keep your knees at a 90° angle (your knee should never go over your toes).
- » Step back up into the starting position by pushing your weight into the back foot.
- » Now step forward with the left foot and repeat the same movement.
- » Repeat recommended amount of repetitions.

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Madbarz Workout App



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