

5-DAY BUBBLE BUTT WORKOUT PLAN

DAY 1

15 SQUATS
15 POINTED BUTT LIFTS
15 FIRE HYDRANTS
15 LUNGES
15 GLUTE BRIDGES

DAY 2

16 SUMO SQUATS
16 POINTED BUTT LIFTS
16 FIRE HYDRANTS
16 BOX JUMP
16 GLUTE BRIDGES

DAY 3

17 SQUATS
17 POINTED BUTT LIFTS
17 FIRE HYDRANTS
17 LUNGES
17 GLUTE BRIDGES

DAY 4

18 SUMO SQUATS
18 POINTED BUTT LIFTS
18 FIRE HYDRANTS
18 BOX JUMP
18 GLUTE BRIDGES

DAY 5

19 SQUATS
19 POINTED BUTT LIFTS
19 FIRE HYDRANTS
19 LUNGES
19 GLUTE BRIDGES

DAY 1

15 SQUATS
15 POINTED BU
15 FIRE HYDRA
15 LUNGES
15 GLUTE BRID

DAY 2

16 SUMO SQU
16 POINTED BU
16 FIRE HYDRA
16 BOX JUMPF
16 GLUTE BRID

DAY 3

17 SQUATS
17 POINTED BU
17 FIRE HYDRA
17 LUNGES
17 GLUTE BRID

DAY 4

18 SUMO SQU
18 POINTED BU
18 FIRE HYDRA
18 BOX JUMPF
18 GLUTE BRID

DAY 5

19 SQUATS
19 POINTED BU
19 FIRE HYDRA
19 LUNGES