



@MrandMrsMuscle

BUTT LIFT & TONED THIGHS

BEGINNER: 30S ACTIVE | 30S REST | 4-5 ROUNDS
INTERMEDIATE: 30S ACTIVE | 20S REST | 3-4 ROUNDS
ADVANCED: 30S ACTIVE | 10S REST | 3-5 ROUNDS

MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Legs & Bum Start Workout	2 Cardio Start Workout	3 REST	4 Full Body Start Workout
5 Legs & Bum Start Workout	6 REST	7 Glute Focused Start Workout	8 Legs & Bum Start Workout	9 Full Body Cardio Start Workout	10 REST	11 Full Body Start Workout
12 Legs & Bum Start Workout	13 REST	14 Glute Focused Start Workout	15 Legs & Bum Start Workout	16 Cardio Start Workout	17 REST	18 Full Body Start Workout
19 Legs & Bum Start Workout	20 REST	21 Glute Focused Start Workout	22 Legs & Bum Start Workout	23 Cardio Start Workout	24 REST	25 Full Body Start Workout
26 Legs & Bum Start Workout	27 REST	28 Glute Focused Start Workout	29 Legs & Bum Start Workout	30 Full Body Cardio Start Workout	31 REST	#MrandMrsMuscle or Tag @MrandMrsMuscle in posts to feature!