



@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

JUNE 2019

SUN	MON	TUE	WED	THU	FRI	SAT
30 june Legs & Bum Click Here	< Do this workout on the last day of the month.				#MrandMrsMuscle or Tag @MrandMrsMuscle in posts to feature!	1 Full Body Click Here
2 Legs & Bum Click Here	3 REST	4 Glute Focused Click Here	5 Legs & Bum Click Here	6 Full Body Cardio Click Here	7 REST	8 Full Body Click Here
9 Legs & Bum Click Here	10 REST	11 Glute Focused Click Here	12 Legs & Bum Click Here	13 Cardio Click Here	14 REST	15 Full Body Click Here
16 Legs & Bum Click Here	17 REST	18 Glute Focused Click Here	19 Legs & Bum Click Here	20 Cardio Click Here	21 REST	22 Full Body Click Here
23 Legs & Bum Click Here	24 REST	25 Glute Focused Click Here	26 Legs & Bum Click Here	27 Full Body Cardio Click Here	28 REST	29 Full Body Click Here