



Your MaliBooty Workout



Deadlift

Feet shoulder width apart, bend at your hips to bend your upper body forward and down, rolling the weights along your shins. Keep a tight core!

x15



Booty Kicks

Standing with all your weight on one leg, press the opposite leg back keeping your knee straight

x20 each leg



Squat

Get down as low as you can! Keep your knee behind your toe, and press through your heel

x5

Fine Toning

Remain in the lowered position, and perform a side leg lift, working the outer

x20

Repeat this for each side!



Kneeling leg lifts

On your hands & knees, lift one leg up off the ground until horizontal, and slowly return it to the ground, keeping it straight

x20 each leg



Hamstring Curls

x20 each leg

On your hands & knees, curl your leg by bending your knee to 90deg. Keep your thigh parallel to the ground, and your abs tight



Fine Toning

While in the curled position, press upward through your feet, pressing slightly through the booty



Booty Bridges

x10

Laying on your back with your feet below your knees, push up through your heels to lift your booty in the air. Press forward through your hips and repeat



Core Kicks

Laying on your back with your feet below your knees, kick one leg up, return to both feet on ground, then kick the other leg up! keep your hips even, and your bum up!

x20



Fine Tone the Booty

One Legged Booty Bridges to really Fine Tone the booty with this last move! Don't forget to Check-In now that you've finished

x12 each leg