

BOOTY BUILDER WORKOUT

with IFBB PRO Amanda Latona

Build your booty in 7 amazing exercises. Follow along with IFBB Pro Amanda Latona, the Booty Queen herself, as she shows you all of the tricks of the trade.

The Booty Builder Workout is the perfect combination of booty building exercises that you can work into your training easily. Try this workout today, you will not be sorry!

Supplementation:

- **Pre-Workout** – 1 scoop ACUTS
- **Intra-Workout** – 1 scoop AMINOCORE mixed with 1 scoop of CARBION
- **Post-Workout** – 8 CVOL Capsules followed by 1 scoop of ISOFLEX

The Workout Plan:

Most important of all, enjoy the process and you will come to appreciate the value of hard, dedicated training for many years to come, NOW go kick some BUTT!

Exercise #1 - Machine Squat (Sets 3-4, Reps 10-12)

Exercise #2 - Weighted Jump Squat (Sets 3-4, Reps 10-15)

Exercise #3 - Barbell Hip Thrust (Sets 3, Reps 10-12)

Exercise #4 - Banded Barbell Hip Thrust (Sets 3, Reps 10-12)

Exercise #5 - Butt Blaster (Sets 3-4, Reps 10-12, last set drop set)

Exercise #6 - Kneeling Cable Kickback (Sets 3, Reps 10-15)

Exercise #7 - Reverse Hypers on a Stability Ball – with 2 second holds (Sets 3-4, Reps 15-20)

WARNING: *This workout is not for the faint of heart - be sure you are an intermediate to advanced weight trainer and have ample rest to recover from this extreme amount of training.*