

BOOTYUS MAXIMUS

GLUTE BUTT BLASTER with Amanda Latona

We all have our favorite muscle groups. Leading contenders include the biceps, pecs, shoulders and back – showy muscles that are both enjoyable to train and a sight to behold.

However, seldom do we have cause to single out what is arguably one of the most impressive body parts ever to have captivated audiences in an onstage line-up. That's right, the booty!

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)

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

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.*