

Nice Butt Workout Compliments of the Get Lean Program

Do Exercises 1-3 Twice Through.



1. Walking Lunges: Do as many as you can, aim for 30 in each direction, 60 in total.





2. Step Downs: 12-15 each leg.

3. Asymmetrical Squat: 12-15 each side.

Do Exercises 4-6 Twice Through.



4. One Leg Squat: 4-8 each leg.



5. Touch Downs: 12 each side.



6. Toe Squats: 12-20

Do 1 Set of Forward and Back Lunges To Finish.



Forward & Back Lunges: 10-20

Stretch!! 😊

If you enjoyed this workout and you'd like a realistic, down-to-earth and doable road map to getting in great shape — then check out my [Get Lean Program](#). It's a 12 week complete transformational program that literally takes you by the hand and walks you step by step to losing weight, getting rid of cellulite and building lean, body toning muscle — in a healthy and sustainable way.

[Belinda's 12 Week Get Lean Program](#) <<<