

Booty Blast Workout

Equipment: A Heavy Kettlebell or Dumbbell

The Workout:

- Start with a 5-10 minute warm-up.
- Complete 3 rounds of the circuit below.
- Move right from one exercise to the next, minimizing breaks to only as needed.
Doing so gives you the cardio effect and increases your calorie burn.

The Exercises:

- Wide Squat x 15
- Kettlebell or Dumbbell Swing x 15
- Superman x 15
- Bridge x 20 (10 on each leg)
- Alternating Lunge x 20 (10 on each leg)
- Burpees x 15
- Alternating Side Lunge x 20 (10 on each leg)