

# BUM

Want to get a bottom lift? Combine this easy 15 minute bodyweight workout with a 30 minute cardio session and you will not be afraid to wear that skirt! With summer just around the corner, this is a great start to get bikini ready! You could even do it during the ad breaks on your favourite TV shows, but for best results, do it all at once within 15 minutes.

## 1. Hip Lifts



- Start lying on the floor with knees bent and feet an inch apart close to your bottom.
- Squeeze your glutes (bottom cheeks) and push your hips up as high as you can, then in a controlled manner lower them back towards the floor

Do 8 reps.

**For beginners, do 5 reps.**

## 2. Single Leg Hip Lifts



- Start lying on the floor with your right knee bent close to your butt and left leg stretched out, legs an inch apart from each other.
- Squeeze your right glute and push your hips up as high as you can, then in a controlled manner lower them back towards the floor

Do 8 reps then switch to your left side and repeat.

**For beginners, do 5 reps.**

# BOOTY

## 3. Side Plank Leg Lifts



- A. Lie on your left side, feet stacked and prop your upper body up on your left elbow and forearm, ensuring that your elbow is directly below your shoulder. Brace your core and raise your hips until your body forms a straight line from your ankles to your shoulders.
- B. Squeeze your glutes and lift your left leg to hip height, hold for 3 seconds then lower back down.

Do 8 reps then switch to your left side and repeat.

**For beginners, rest your hips on the mat and raise your legs slightly over hip level.**

## 4. 12 Bicycle Crunches



- A. Start with lying on the floor with knees bent ready to crunch (squeeze your abdominal muscles).
- B. As you perform a crunch take your left shoulder across your body towards your right hip.
- C. Repeat to other side on your next crunch while circling legs in bike riding fashion. Closer to the floor the better!

Do each side 6 times each.

**For beginners, hold the crunch position while circling legs in bike riding fashion without twisting your body for 20 seconds.**

# BOOTY

## 5. Plank with Leg Lifts



- A. Position your hands or elbows below your shoulders and your feet hip-width apart.
- B. Keeping your hips level and your core braced, squeeze your glutes, point your right toe, and lift it towards the ceiling while keeping your leg straight. Make sure you don't arch your lower back.

Do 8 reps then switch to your left side and repeat.

**For beginners, start with your knees on the ground instead of being in your toes and perform the rest of the exercise as instructed.**

## 6. Plank with Side Leg Lifts



- A. Position your hands or elbows below your shoulders and your feet hip-width apart.
- B. Keeping your hips level and your core braced, squeeze your glutes, point your right toe, and lift it out to the side. Make sure you don't arch your lower back. Try not to let your working leg touch the floor.

Do 8 reps then switch to your left side and repeat.

**For beginners, start with your knees on the ground instead of being in your toes and perform the rest of the exercise as instructed.**

# BOOTY

## 7. Plank



A. Position your hands or elbows below your shoulders and your feet hip-width apart.

Keep your hips level and your core braced, and hold this position for 10 seconds.

**For beginners, start with your knees on the ground instead of being in your toes and perform the rest of the exercise as instructed.**

**Complete the whole circuit 3 times, resting for 30 seconds before starting each circuit.**