



# BOOTY

# BIBBLE

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5 BOOTY TAILORED WORKOUTS

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DALE NELSON


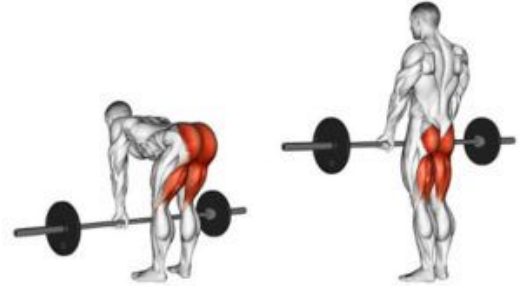



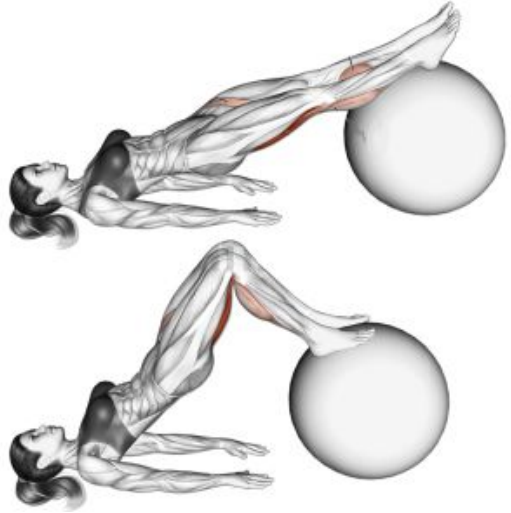


## Booty Specialisation

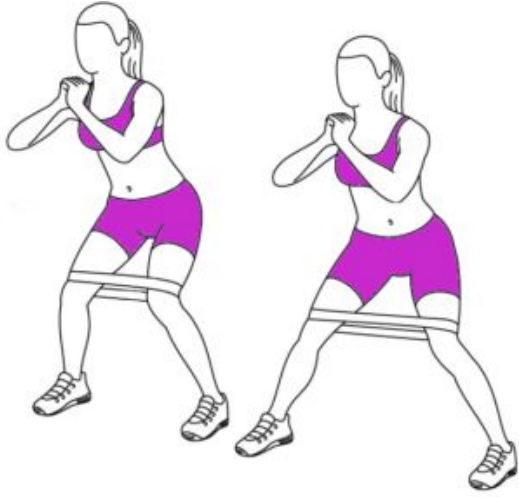
Main Program. Stand alone arm specific program.

Supplemental Exercises. Workouts that you can add to existing workouts to target arms specifically.


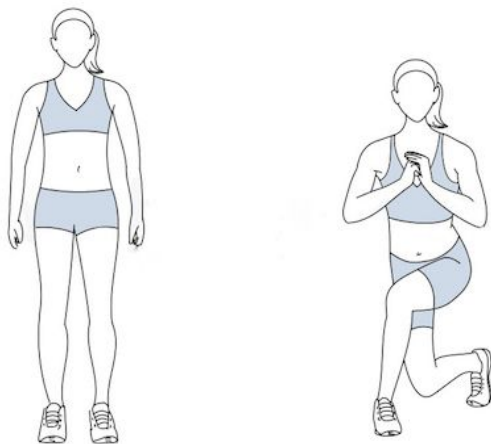
### Day 1 - Main Program

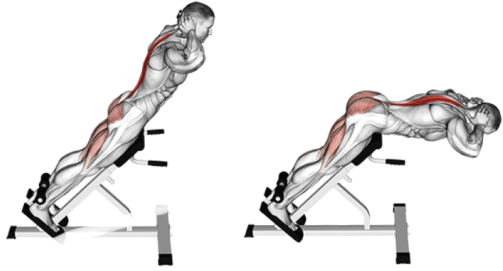
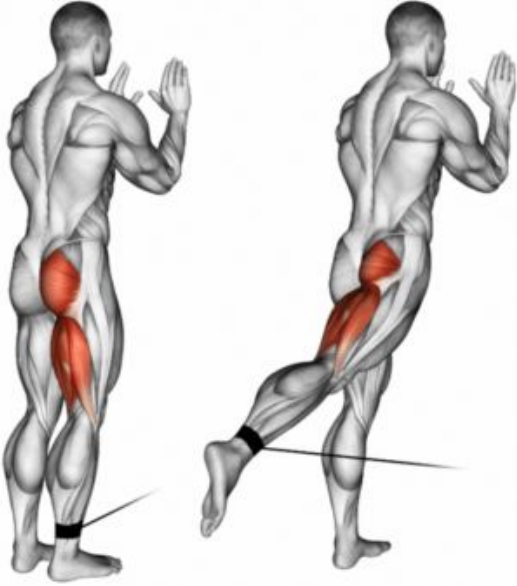
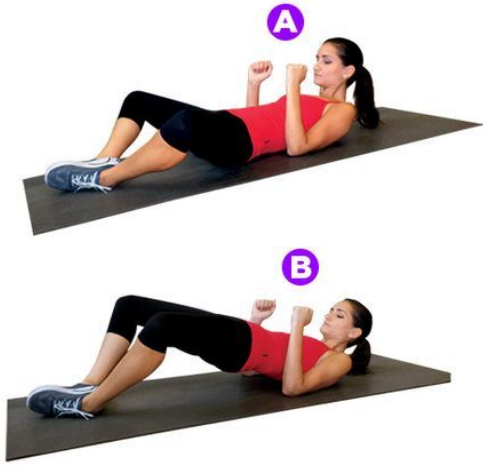
	Exercise	Sets	Reps	Rest	Tempo	Image/Video Link
1	Back Squat	5	6-8	2min	2:1:1:1	
2	Romanian Deadlift	3	12-15	60sec	2:0:2:0	
3a	Seated Leg Curl	4	6-8	60sec	2:0:1:0	

3b	Swiss Ball Leg Curl	3	12-15	60sec	2:0:1:0	
4a	Barbell Glute Bridge	3	10-12	60sec	2:0:1:0	
4b	Machine Hip Abduction	3	15-15	60sec	2:0:1:0	


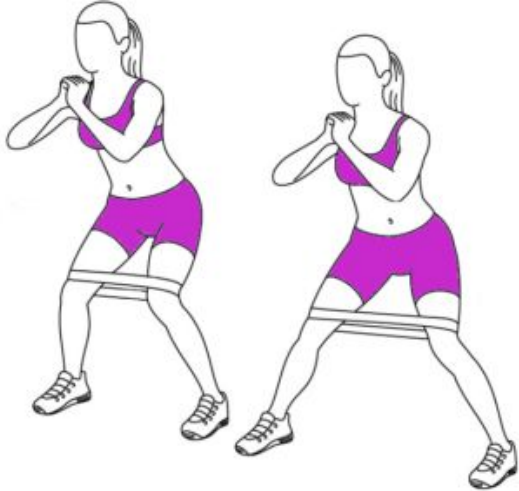
4c	Banded Side Walk	3	15-20	60sec	2:0:1:0	
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Day 2 - Supplemental

	Exercise	Sets	Reps	Rest	Tempo	Image/Video Link
1	Single Leg Hip Thrust	3	15-15	60sec	2:0:1:0	
2	Curtsy Lunge	4		60sec		

3a	Lower Back Extension	3	12-15	60sec	2:0:1:0	 <p>Two anatomical diagrams of a person on a back extension machine. The left diagram shows the person in a neutral, upright position. The right diagram shows the person leaning back, with the lower back muscles highlighted in red to indicate they are the primary muscles being worked.</p>
3b	Cable Glute Kickback	3	15-20	60sec	2:0:1:0	 <p>Two anatomical diagrams of a person from the back. The left diagram shows the person standing upright with hands on hips. The right diagram shows the person kicking one leg back, with a cable attached to the foot. The gluteal muscles are highlighted in red to show they are the primary muscles being worked.</p>
4	Frog Pump	3	15-20	60sec	2:1:1:0	 <p>Two photographs of a woman performing the Frog Pump exercise on a mat. In image A, she is lying on her back with her knees bent and feet flat on the floor. In image B, she is lying on her back with her knees bent and feet flat on the floor, but her hips are lifted off the mat, creating a bridge shape.</p>

	Exercise	Sets	Reps	Rest	Tempo	Image/Video Link
1	1 ½ Walking Lunge (knees at 90 degrees)	3	20	90sec	3:1:1:1	
2	Cable Pull-Through	3	8-10	60sec	1:0:1:1	
3a	Reverse Extension	3	12-15	60sec	2:0:1:0	

3b	Banded Squat Bouncer	3	12-15	60sec	2:0:1:0	
4	Banded Side Walk	3	15-15	60sec		

Log Book

Exercise		Reps	Weight
	Set 1		
	Set 2		
	Set 3		
	Set 4		
Exercise		Reps	Weight
	Set 1		
	Set 2		
	Set 3		
	Set 4		
Exercise		Reps	Weight
	Set 1		
	Set 2		
	Set 3		
	Set 4		
Exercise		Reps	Weight
	Set 1		
	Set 2		
	Set 3		
	Set 4		
Exercise		Reps	Weight
	Set 1		
	Set 2		
	Set 3		
	Set 4		



Exercise		Reps	Weight
	Set 1		
	Set 2		
	Set 3		
	Set 4		
Exercise		Reps	Weight
	Set 1		
	Set 2		
	Set 3		
	Set 4		
Exercise		Reps	Weight
	Set 1		
	Set 2		
	Set 3		
	Set 4		
Exercise		Reps	Weight
	Set 1		
	Set 2		
	Set 3		
	Set 4		
Exercise		Reps	Weight
	Set 1		
	Set 2		
	Set 3		
	Set 4		