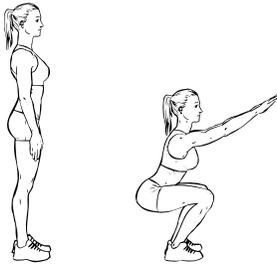


# Pure Focus: Back and Butt

50 min · Back, Legs

We'll start out nice and steady with our focus workout! Aim to spend 5 seconds per rep: 2 seconds on the concentric movement, a 1 second hold, and then 2 seconds on the eccentric movement. Go!

## Air Squats

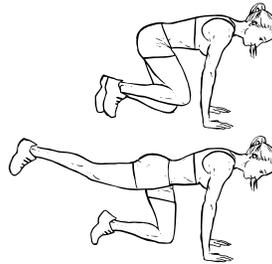


**1:00**  
rest

**3 sets 12 reps 30 sec rest**

Take your time, remember; you have 5 seconds per rep!

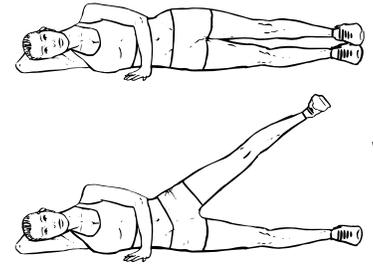
## Donkey Kicks



**4 sets 24 reps 30 sec rest**

Kick each leg 12 times per set, focus on tensing the glutes with each extension.

## Lying Side Leg Lifts

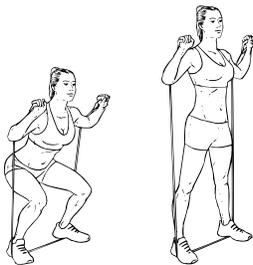


**1:00**  
rest

**2 sets 20 reps 30 sec rest**

Make sure to raise your leg far enough to feel a burn! 10 reps per leg per set!

## Resistance Band Squats

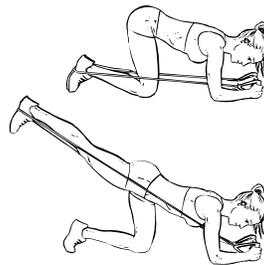


**1:00**  
rest

**3 sets 10 reps 45 sec rest**

Drive your body upward using your glutes. You are stronger than the resistance band!

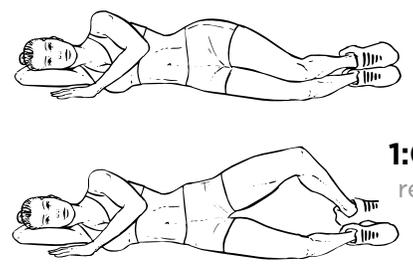
## Resistance Band Glute Kickbacks



**3 sets 20 reps 30 sec rest**

Fully extend each leg, aim to kick further than you can reach! 10 per leg!

## Clamshells

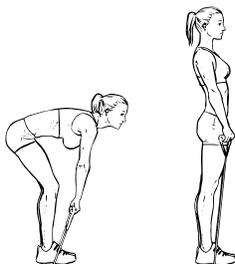


**1:00**  
rest

**3 sets 20 reps 30 sec rest**

No dozing! Make this 10 reps per leg!

## Resistance Band Deadlifts

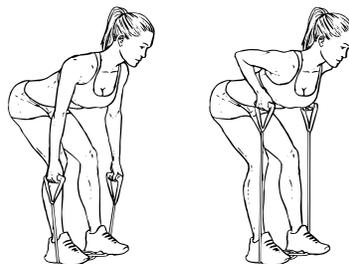


**1:00**  
rest

**3 sets 10 reps 60 sec rest**

Find a nice amount of resistance and pull your body upward. No rounding your back though!

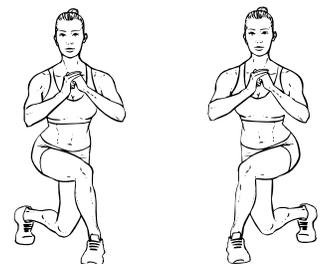
## Resistance Band Bent Over Rows



**3 sets 12 reps 60 sec rest**

You're almost there, keep at it!

## Alternating Curtsy Lunges



**1:00**  
rest

**3 sets 20 reps 60 sec rest**

Finish up with the ever-so-pleasant curtsy lunges. Ta ta!



## Air Squats

Primary muscle group(s):

**Quadriceps**

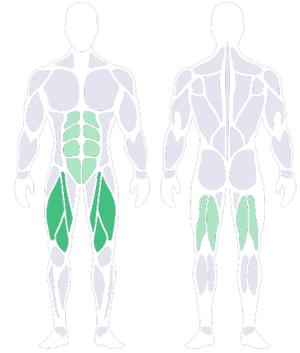
Secondary:

**Abs, Hamstrings**

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



## Donkey Kicks

Primary muscle group(s):

**Glutes & Hip Flexors**

Secondary:

**Abs**

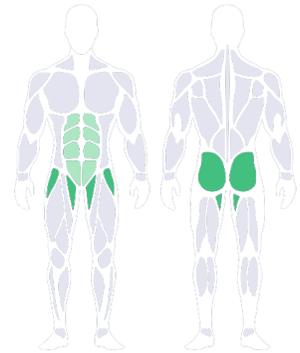
Position yourself on all fours on a mat.

Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.

Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.



## Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors

Primary muscle group(s):

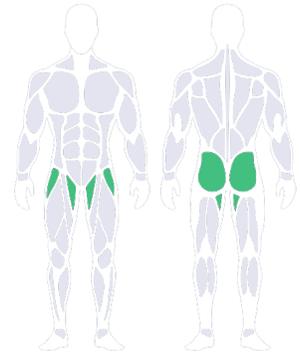
**Glutes & Hip Flexors**

Lie on your right side on top of a yoga mat or other soft surface.

Brace your core and make sure your body is in a straight line. Keep your right hand on the ground and your left hand on your hip.

Slowly lift the left leg into the air, keeping it straight during the exercise.

Slowly lower your left leg. Complete the set then repeat with the other leg.



## Resistance Band Squats

Primary muscle group(s):

**Hamstrings, Quadriceps**

Secondary:

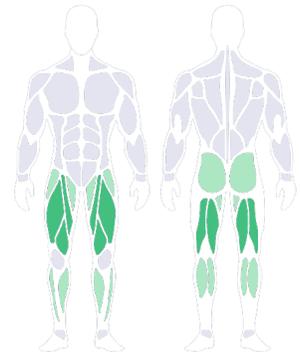
**Calves, Glutes & Hip Flexors**

Begin the movement by stepping on to a resistance band with your feet at shoulder-width, toes pointed slightly out.

Bring your hands to your shoulders, keeping the handles of the band behind your shoulders. Brace your core and keep your chest up.

Bend first at the knees then at the hips. Be sure to keep the chest up and abdominals tight. There should be no arch in your back.

Pause when your thighs are parallel with the floor, then slowly return to the starting position, feeling the tension from the band in your quadriceps.



## Resistance Band Glute Kickbacks

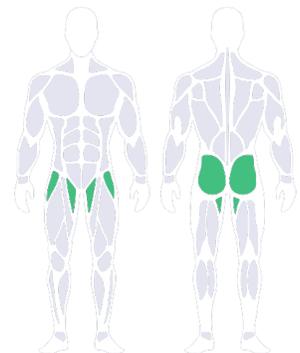
Primary muscle group(s):

**Glutes & Hip Flexors**

Position yourself on the ground supporting yourself on your hands and knees. Hold the handles of a resistance band in each hand. Hook the middle of the band on your left foot, pushing it back until the slack tightens.

Brace your core and maintain a flat back as you kick your left leg back and up.

Slowly return your leg to the starting position, not allowing the knee to touch the ground. Repeat the movement.



## Clamshells / Clams

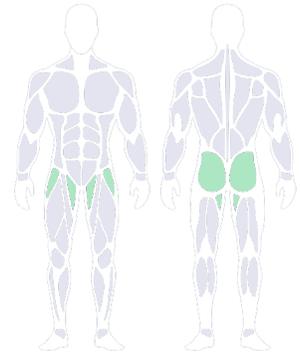
Secondary:

**Glutes & Hip Flexors**

On a mat or comfortable surface, lie on your left side. Place your left hand behind your head while placing your right hand across your body.

Bend your stacked knees so that your feet are behind you. Begin the movement by lifting the right knee up while keeping the feet together.

Pause at the top of the movement and slowly lower your right knee down to the starting position.



## Resistance Band Deadlifts

Primary muscle group(s):

**Glutes & Hip Flexors, Hamstrings**

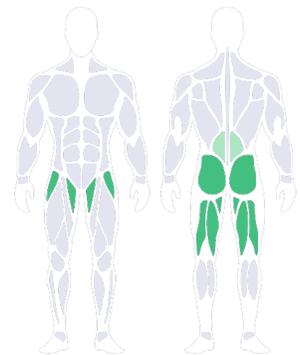
Secondary:

**Lower Back**

Holding the handles of the resistance band, step on to the middle. Place your feet at shoulder-width with toes pointing forward. Tighten your core and keep your chest up.

Bend your knees slightly and drive your hips back but NOT lower than your knees. Again, keep the chest up. This is the starting position.

Forcefully contract your glutes, driving them forward. Do not just lean back. Your glutes should be fully contracted. Pause then return to the starting position.



## Resistance Band Bent Over Rows

Primary muscle group(s):

**Middle Back / Lats**

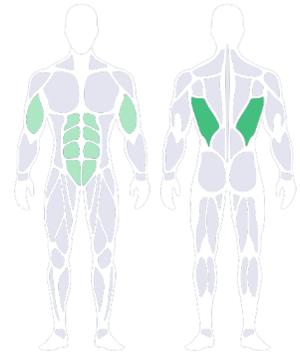
Secondary:

**Abs, Biceps**

Begin the movement by stepping on to a resistance band with your feet at shoulder-width, toes pointed slightly out.

Bend slightly at the knees and forward at the hips. Maintain a braced core and flat back throughout.

Leading with your elbows, pull the handles of the resistance band back, bringing your shoulder blades closer together. Hold this contraction and slowly release to the starting position.



## Alternating Curtsy Lunges

Primary muscle group(s):

**Hamstrings, Quadriceps**

Secondary:

**Calves, Glutes & Hip Flexors**

Standing with a braced core and flat back, bring your hands together at chest height. Position your feet to be at hip-width.

Beginning with the right foot, step backward and across your left foot. Simultaneously, bend the left knee and drop it towards the ground.

Stop when the front right knee is parallel with the ground. Push off the ground with your right foot and return to the starting position.

