

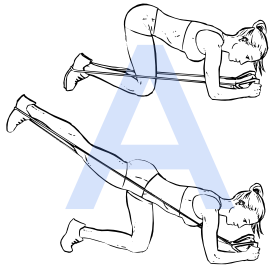
Superset: for a Super Butt

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43 min · Abs, Back, Legs

Our final workout combines movements from earlier in the week and puts them together into a superset form. Make sure to perform them back to back (no pun intended) without rest.

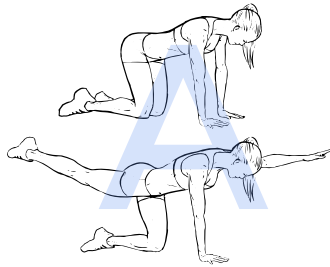
Resistance Band Glute Kickbacks



3 sets 20 reps

Superset A1 · Make sure to rep out 10 per leg!

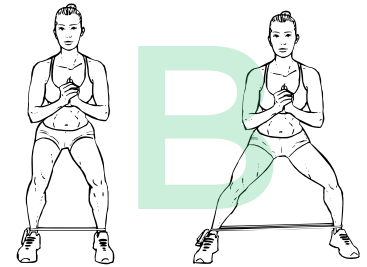
Bird Dogs



3 sets 24 reps 60 sec rest

Superset A2 · Make sure you hold each extended position for a full second! 12 reps per leg, please!

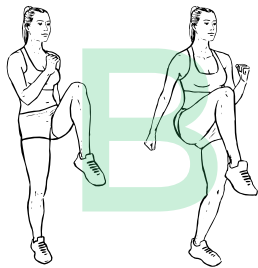
Resistance Band Side Steps



3 sets 20 reps

Superset B1 · Make it 20 total steps before moving onto the next exercise with no rest!

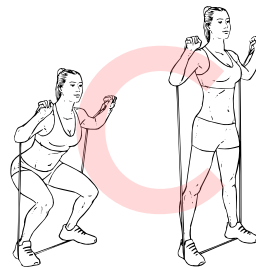
High Knees



3 sets 30 reps 60 sec rest

Superset B2 · Get each knee nice for the full 30 seconds!

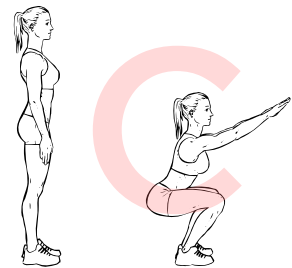
Resistance Band Squats



3 sets 12 reps

Superset C1 · Half-way there, come on - push!

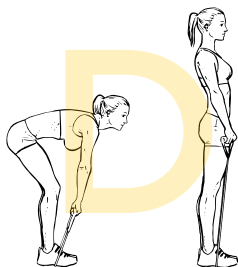
Air Squats



3 sets 16 reps 60 sec rest

Superset C2 · Give your butt a little tense with every stand!

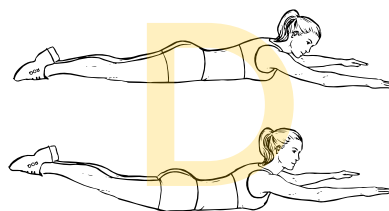
Resistance Band Deadlifts



3 sets 12 reps

Superset D1 · Our final superset! You've made it... almost.

Supermans



3 sets 10 reps 60 sec rest

Superset D2 · Supersetting supermans for a super butt!

Standing Rest



5 min rest

Rest up. You've earned every minute.



Resistance Band Glute Kickbacks

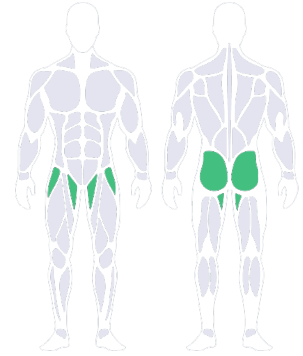
Primary muscle group(s):

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.



Bird Dogs / Alternating Reach & Kickbacks

Primary muscle group(s):

Abs, Lower Back

Secondary:

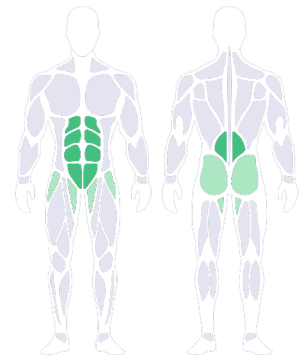
Glutes & Hip Flexors

Position yourself on all fours with knees underneath the hips and wrists under the shoulders.

Engage your abs and keep your spine neutral, pulling the shoulder blades towards the hips.

Lengthen the left leg until it is straight out and in line with your hips while simultaneously raising and straightening your right arm until it is parallel to the floor. Keep your head and shoulders aligned at all times.

Gently lower your arm and leg back to the starting position and alternate with the other arm and leg.



Resistance Band Side Steps

Primary muscle group(s):

Glutes & Hip Flexors

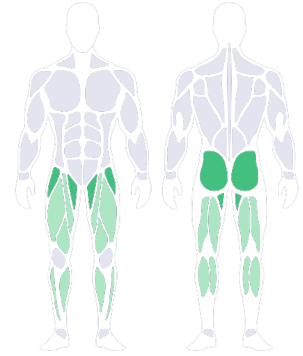
Secondary:

Calves, Hamstrings, Quadriceps

Step inside of a tied resistance band. Separate your feet to shoulder-width. Place a slight bend in the knees while you keep your chest up.

Slowly step to the side with the right foot. Your stance should be well outside of shoulder-width.

Pause then step with the left foot in the same direction as the right. Keep stepping out with the right until the set is complete then switch sides.



High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):

Abs

Secondary:

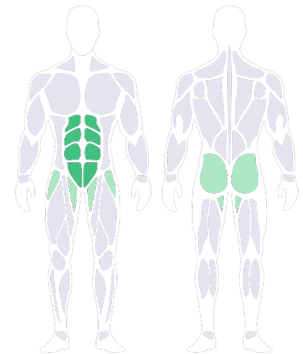
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!



Resistance Band Squats

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

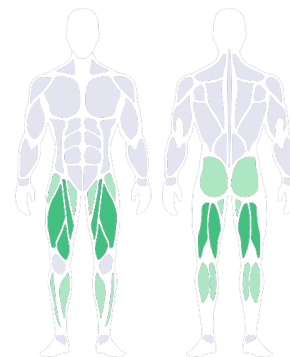
Calves, Glutes & Hip Flexors

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.



Air Squats

Primary muscle group(s):

Quadriceps

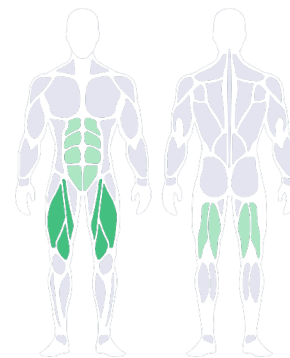
Secondary:

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.



Resistance Band Deadlifts

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

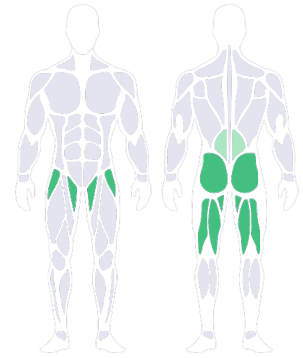
Secondary:

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.



Supermans / Extended Arms & Legs Lifts

Primary muscle group(s):

Lower Back

Secondary:

Abs

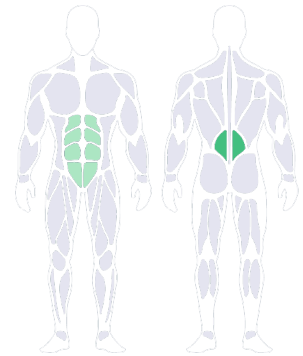
Lie face down on a mat, with your arms fully extended above your head and your legs fully extended behind you.

Lift your chest, arms and legs off the floor by arching your back. Only the tops of your quads and your lower abdomen should be in contact with the floor.

Hold for a count of 2 while squeezing your abdominals and obliques.

Return to the starting position for a count of one, then repeat.

! This exercise can be done using one arm and it's opposite leg at a time. For example, right arm and left leg raised while your left arm and right leg remain on the floor. This method of execution allows you to use the free hand to push down on the floor to lift your chest higher from the ground.



Standing Rest / Water Break

Between exercises, do not sit or lie down. Stand straight up and maintain proper form. Your chest should be up. Your lower back should be flat. Do not allow your shoulders to hunch.

Take periodic sips of water or a sports beverage. Do not chug or drink too much too fast.

Stand in this position for your prescribed rest break then begin your next exercise.

