



**PERSONAL
VICTORY**

PERSONAL TRAINING

Circuit Booty Band

45 Sec active / 15 sec rest. 3 Rounds

Exercise
1. Lateral walk
2. Sidekicks Left
3. Sidekicks Right
4. Squat
5. Jumpsquats
6. Glutebridge
7. Glutebridge hold
8. Glutebridge
9. Clamshell Left
10. Clamshell Right
11. Donkeykicks Left
12. Donkeykicks Right