

30 Day Ultimate Better Butt Challenge

<p>1</p> <p>100 squats 30 reaching single leg RDLs</p>	<p>2</p> <p>100 hip thrusts 30 band seated abductions</p>	<p>3</p> <p>50 reverse lunges 3 twenty-second RKC planks</p>	<p>4</p> <p>50 single leg hip thrusts 20 side lying clam raises</p>	<p>5</p> <p>40 Bulgarian split squats 40 lateral band walks</p>	<p>6</p> <p>60 reverse hypers 20 side lying hip raises</p>	<p>7</p> <p>Rest</p>
<p>8</p> <p>150 squats 40 reaching single leg RDLs</p>	<p>9</p> <p>150 hip thrusts 40 band seated abductions</p>	<p>10</p> <p>70 reverse lunges 2 thirty-second RKC planks</p>	<p>11</p> <p>70 single leg hip thrusts 30 side lying clam raises</p>	<p>12</p> <p>50 Bulgarian split squats 60 lateral band walks</p>	<p>13</p> <p>80 reverse hypers 30 side lying hip raises</p>	<p>14</p> <p>Rest</p>
<p>15</p> <p>200 squats 50 reaching single leg RDLs</p>	<p>16</p> <p>200 hip thrusts 50 band seated abductions</p>	<p>17</p> <p>90 reverse lunges 3 thirty-second RKC planks</p>	<p>18</p> <p>90 single leg hip thrusts 40 side lying clam raises</p>	<p>19</p> <p>60 Bulgarian split squats 80 lateral band walks</p>	<p>20</p> <p>100 reverse hypers 40 side lying hip raises</p>	<p>21</p> <p>Rest</p>
<p>22</p> <p>250 squats 60 reaching single leg RDLs</p>	<p>23</p> <p>250 hip thrusts 60 band seated abductions</p>	<p>24</p> <p>100 reverse lunges 4 thirty-second RKC planks</p>	<p>25</p> <p>100 single leg hip thrusts 50 side lying clam raises</p>	<p>26</p> <p>70 Bulgarian split squats 100 lateral band walks</p>	<p>27</p> <p>120 reverse hypers 50 side lying hip raises</p>	<p>28</p> <p>Rest</p>
<p>29</p> <p>300 squats 300 hip thrusts 120 lateral band walks</p>	<p>30</p> <p>80 Bulgarian split squats 80 single leg hip thrusts</p>	<p><i>*Please read corresponding blog post at BretConteras.com before beginning challenge.</i></p>			 <p>GETGLUTES Workouts Designed with Your Curves In Mind</p>	