

# AB & BOOTY WORKOUT

MOM WIFE FITNESS LIFE

## ABS

Do one round of each of the following moves,  
trust me that is all you will need!

1. **Barbell rotations** - 10x each way (use a broomstick if that's all you have)
2. **V In and Outs** - 20x
3. **Bicycle circuit** (complete the entire thing without putting your legs down) - 10x alternating, 10x each way elbow to knee, 10x each way to elbow, 10x alternating.
4. **Plate Russian twists** - 10x strait arm + 20x bent arm
5. **Flutter Kicks** - 30x

## BOOTY

Do each of the below exercises, then repeat 2-3x as time allows

1. **Donkey kick backs** - 20x each leg
2. **Glute bridges** - 20x (feet shoulder width, toes forward)
3. **Glute bridges** - 20x (feet together, knees together)
4. **Froggie pumps** (like a glute bridge, but feet are facing together while you pump up)
5. **Curtsy Lunge to back lunge** - 20x (10 each move, each leg. Stay low)
6. **Squat to calf raise** - 20x
7. **Sumo squat with pulse** - 20x
8. **Crab walk with band around legs** - 20x each leg (40 total)