

# Fitness Model Butt Sculpting Workout

[www.theundergroundbootcamp.com](http://www.theundergroundbootcamp.com)

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## High Knees Jogging

Jog in place, at full speed, for 1 minute.

You may either swing your arms or hold a weighted medicine ball overhead to engage your abs, shoulders and arm.

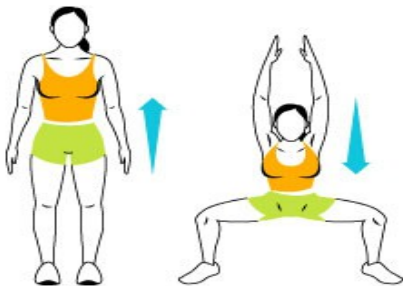
Make sure you stay on the balls of your feet and your knees come up high enough to touch your chest.



## Jumping Jacks

Without stopping to rest, begin jumping jacks

Your goal is to do 60 jumping jacks in sixty seconds. 55 is acceptable too.



## Jumping Jacks With A Squat

Again, without stopping to rest, transition into adding a squat to your jumping jacks.

Your goal is to do 30 jumping jacks in sixty seconds. 20 is acceptable too.



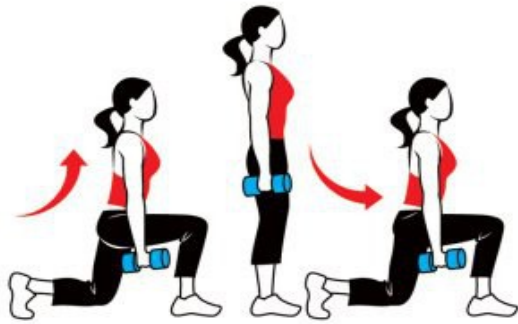
## Advanced Side Lunges

Sets: 2 (on each side)

Reps: 10 in each set, with a 2 second hold on the outer thigh raise

Rest In Between Sets: 5 seconds

**Take A 30 Second Water Break!**



## Rear Lunge

Sets: 2 (on each side)

Reps: 10 in each set, with a 2 second hold in the down position

Rest In Between Sets: 5 seconds



## Front & Rear Lunge

Sets: 2 (on each side)

Reps: 10 in each set, with a 2 second hold in the down position

Rest In Between Sets: 5 seconds



## Reverse Lunge Kick

Sets: 2 (on each side)

Reps: 10 in each set, with a 2 second hold in the kick position. Kick as high as you can.

Rest In Between Sets: 5 seconds



## Squat Jump

Sets: 2

Reps: 10 in each set, with a 2 second hold in the down position.

Jump as high as you can.

Rest In Between Sets: 5 seconds

**Take A 30 Second Water Break!**



## Side Lunges

Sets: 2 (on each side)

Reps: 10 in each set, with a 2 second hold in the down position

Rest In Between Sets: 5 seconds



## Insanity Jumps

Sets: 2

Reps: 10 in each set, with a 2 second hold in the pushup position.

Jump as high as you can.

Rest In Between Sets: 5 seconds



## Kickbacks

Sets: 2

Reps: 10 in each set, with a 2 second hold and squeeze in the up position.

Rest In Between Sets: 5 seconds



## Single Leg Bridge

Sets: 2

Reps: 10 in each set, with a 2 second hold and squeeze in the up position.

Rest In Between Sets: 5 seconds