

## BOOTY LOVE

*Fat Loss Moves To Choose Your Curves...*

**A1) Barbell Lunge**

8 reps each leg

**A2) Side Plank Leg Raise**

20 reps each leg

**B1) Step Down** (off level 7 step with '2' 10kg plates)

10 reps each leg

**B2) Barbell Dead-lift**

8 reps

**C1) Split Squat**

10 reps each leg

**C2) Walk-out**

6 reps each leg

**D1) Wide Grip Assisted Chin-up**

8 reps

**D2) Pistol Squat** (using side of chin-up machine for support)

8 reps each leg

**E1) Reverse Grip Lat Pull Down**

8 reps

**E2) Side Plank Oblique Crunch with Hip Dip and Toe Tap**

8 reps each side

*There you have it, a fun lower body and butt focused routine with a tad of back and a touch of core.*

**[=> check out more fat loss moves and pictures here:](#)**