

30 DAY

BUTT & THIGH TRANSFORMATION CHALLENGE

HOW TO USE THIS GUIDE:

- Read all the great information
- Follow the 30 Day Butt & Thigh Transformation Challenge plan
- If you love it, join the 28 Day Weight Loss Challenge to continue busting your butt & toning your thighs!

Besides looking great in bikinis and skirts, the butt and thighs are super important for body function, fitness and weight loss. While working these areas will help you to tone and tighten, the butt and thighs are also crucial for everything you do in daily life.

Butt and thighs are certainly on the minds of most women on their way to achieving fitness goals and so we've put together this 30 Day Butt & Thigh Transformation Challenge that will help to fast track those goals with excellent fat burning, strengthening and toning in both areas.

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WHY WORKING ON THE BUTT & THIGHS

IS IMPORTANT FOR WEIGHT LOSS & OVERALL FITNESS

Strengthening the butt and thighs (specifically the gluteus maximus, gluteus medius, gluteus minimus, tensor fasciae latae and quadriceps) will help you to perform your daily activities and are especially important when squatting or standing to pick up or hold your children.

There are many great benefits to working the butt and thighs, such as reduced back pain, a stronger pelvis and better supported knees and ankles. When the butt and thighs are strengthened, the glutes are able to balance and stabilise the hips, allowing the hip flexors to move with ease, reducing the risk of back pain and reducing chance of injury.

Many exercises work these important muscles, however squats and lunges are often favourites among athletes and trainers, as they activate a variety of muscles in the butt and thighs while strengthening the entire lower body and core at the same time.

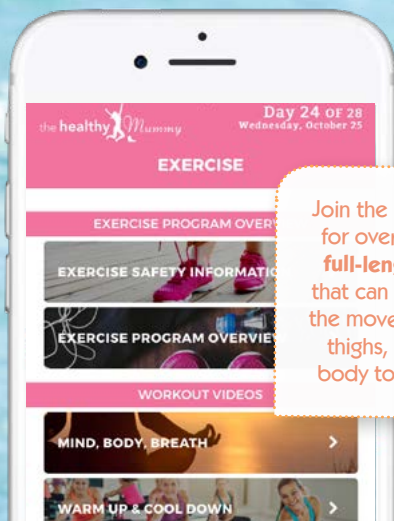
Not only do butt and thigh exercises help to shape and tone the lower body, they also increase overall body strength and function to support daily movements such as bending, lifting, twisting and moving.

Making these exercises a part of your daily routine will help to move you toward your weight loss goals, while improving your balance, strengthening your core, reducing the risk of back pain, knee injuries and/or ankle instabilities.

The butt and thighs help to shape our lower body and they also help us in everything we do. The glutes are our prime movers, our body's stabilisers and the major generators of propulsion in walking and moving. If they are strong they support our cardio fitness activities too, making it easier to increase fitness and reach your weight loss goals.

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Join the 28 Day Weight Loss Challenge for over **350 exercise routines plus full-length guided video workouts** that can be completed at home or on the move. Workouts focus on butt and thighs, core, upper body and total body to get you fit and lean all over.

30 DAY

BUTT & THIGH

TRANSFORMATION CHALLENGE PLAN

	1x round for BEGINNERS 2x rounds for INTERMEDIATE FITNESS 3x rounds for ADVANCED					
	Thigh Buster Squat	Squat Jumps	Lying Leg Pulses	Donkey Kicks	Pilates Plie Pulses	Squat with Leg Lift
DAY 1	2	5	10	10	2	2
DAY 2	3	5	11	11	3	3
DAY 3	4	5	12	12	4	4
DAY 4	REST	REST	REST	REST	REST	REST
DAY 5	5	6	13	13	5	5
DAY 6	6	6	14	14	6	6
DAY 7	7	6	15	15	7	7
DAY 8	REST	REST	REST	REST	REST	REST
DAY 9	8	7	16	16	8	8
DAY 10	9	7	17	17	9	9
DAY 11	10	7	18	18	10	10
DAY 12	REST	REST	REST	REST	REST	REST
DAY 13	11	8	19	19	11	11
DAY 14	12	8	20	20	12	12
DAY 15	13	8	21	21	13	13

	1x round for BEGINNERS 2x rounds for INTERMEDIATE FITNESS 3x rounds for ADVANCED					
	Thigh Buster Squat	Squat Jumps	Lying Leg Pulses	Donkey Kicks	Pilates Plie Pulses	Squat with Leg Lift
DAY 16	REST	REST	REST	REST	REST	REST
DAY 17	14	9	22	22	14	14
DAY 18	15	9	23	23	15	15
DAY 19	16	9	24	24	16	16
DAY 20	REST	REST	REST	REST	REST	REST
DAY 21	17	10	25	25	17	17
DAY 22	18	10	26	26	18	18
DAY 23	19	10	27	27	19	19
DAY 24	REST	REST	REST	REST	REST	REST
DAY 25	20	11	28	28	20	20
DAY 26	21	11	29	29	21	21
DAY 27	22	11	30	30	22	22
DAY 28	REST	REST	REST	REST	REST	REST
DAY 29	23	12	31	21	23	23
DAY 30	25	15	35	35	25	25

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Use the 30 Day Butt & Thigh Transformation Challenge Plan on the previous page and follow the instructions on this page for how to complete each exercise.

BUTT & THIGH EXERCISES

THIGH BUSTER SQUAT

Starting Position. Stand with feet and knees hip width apart and lower your hips into a shallow squat position.

Execution. Keeping your core engaged, move up onto the balls of your feet and lower your hips down a little further into the squat. Next begin a pumping motion, moving up and down in the squat just a few inches. Keep your core engaged and ankles lengthened as you lift and lower. Perform this exercise for 20 seconds. 1 x 20 second squat is one rep

Benefits. Strengthens thighs, glutes, hips and core strengthening.



SQUAT JUMPS

Starting Position. Stand with your feet shoulder width apart placing your hands on your hips, engage your core by tucking your belly button in towards your spine and prepare to squat down.

Execution. Begin to squat by bending your knees, keeping your back straight and pushing your hips slightly back as if sitting on a chair. When your knees reach a point no greater than 90 degrees transfer your body weight from your heels to the balls of your feet and push up through your legs to perform a small vertical leap making sure to land flat on both feet. One Squat Jump is one rep.

Benefits. Thigh strength, endurance and toning.

*Start this exercise with small squats building up to deeper (lower) squats when you feel confident. If you have pre-existing knee injuries that prevent you from jumping simply perform a standard squat and when you return to the start position raise up onto your toes to activate and work your calf muscles.



LYING LEG PULSES

Starting Position. Lie on your right side, supporting your body with your right hand. Lift your left leg to hip height, exhale and move your left leg forward in front of your hips. Engage your core to help with stability.

Execution. Point the left toe toward the floor, exhale, engage your core and pulse the left foot up and down, keeping the leg extended and knee soft. Keep your core engaged and pelvis stable. Perform this exercise for 20 seconds then alternate sides. 1 x 20 second pulse per side is one rep.

Benefits. Strengthens legs, glutes and core.



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DONKEY KICKS

Starting Position. Kneel on a mat on all fours with your knees hip width apart and fingers facing forward. Ensure your back is flat and belly button pulled in toward your spine.

Execution. Keeping a neutral spine, exhale as you engage your glutes and kick your left leg behind you, bending 90 degrees at the knee. Keep your hips facing down, back straight and core engaged through the movement. Inhale as you slowly return your left knee to the floor. Inhale, engage your glutes and kick your right leg behind you bending at the knee and repeat exercise. Perform this exercise for 20 seconds then alternate sides. 1 x 20 second kick per side is one rep.

Benefits. Leg strength, glute strength and core.



PILATES PLIE PULSES

Starting Position. Take your feet into a wide stance, toes slightly pointing outward and hands on your hips.

Execution. Bend your knees, keep your spine straight and sit down into squat position. Keeping your back flat, head up and knees in line with toes, hold the squat position for a few seconds, pulsing up and down gently. Then tighten your glutes, push up through the heels and return to standing.

Benefits. Strengthens glutes and legs.

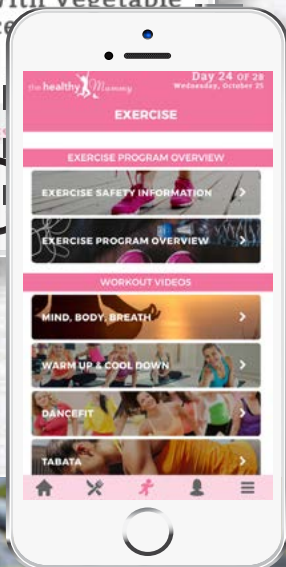
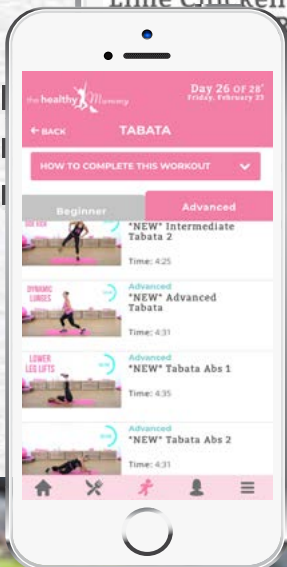
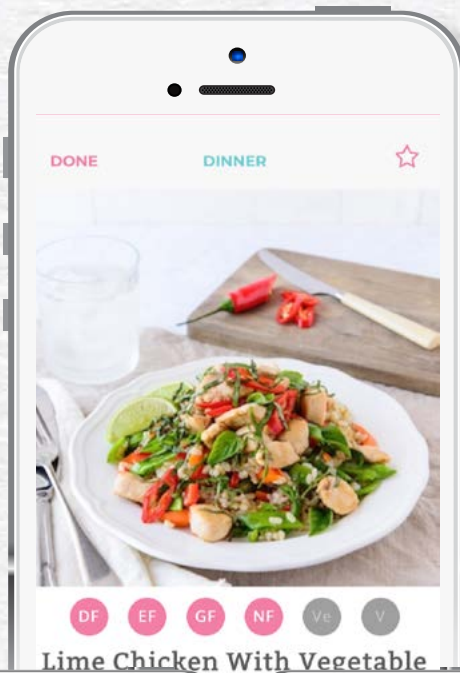


SQUAT WITH LEG LIFT

Starting Position. Stand in a neutral position, feet a little wider than shoulder width apart with a slight bend in the knees. Place your hands comfortably on your hips.

Execution. Exhale and push your hips backward (imagine you are sitting down on a chair) into a squat position. Keep your back flat, head up and knees in line with toes. Lower your body until your thighs are parallel to the ground. Exhale as you engage your core and push up, lifting your right leg out to the right side. Keep your foot flexed and leg muscles contracted. Slowly return the leg to starting position. Perform this exercise for 20 seconds then alternate sides. 1 x 20 second squat with leg lift per side is one rep.

Benefits. Strengthen legs, glutes and core.



JOIN THE 28 DAY WEIGHT LOSS CHALLENGE AND ACCESS

- ✓ 4000+ family friendly recipes
- ✓ 350+ exercise videos (HIIT, Yoga & more)
- ✓ Weekly, personalised meal plans
- ✓ Customisable easy to use App
- ✓ Track your weight loss progress
- ✓ 24/7 SUPPORT
- ✓ Community of 1000's of like minded mums

