

PeachyButt Workout

43 min · Back, Legs

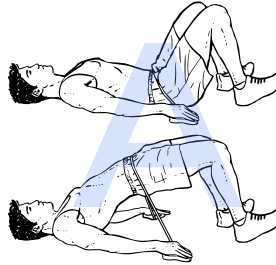
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Dumbbell Deadlifts



4 sets 12 reps 1 min rest

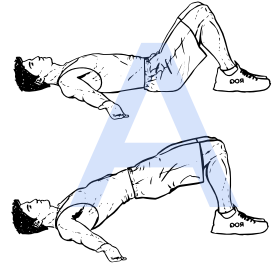
Resistance Band Glute Bridges



4 sets 25 reps 15 sec rest

Superset A1

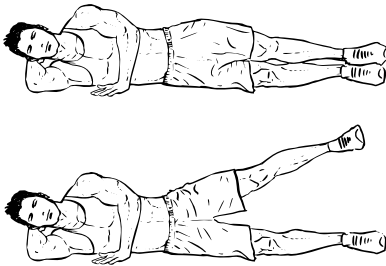
Hip Raises



4 sets 25 reps 1 min rest

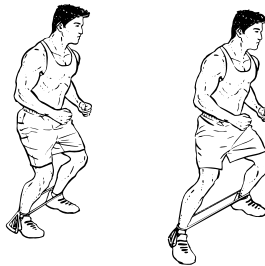
Superset A2

Lying Side Leg Lifts



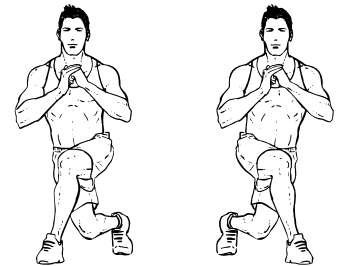
4 sets 25 reps 1 min rest

Resistance Band Side Steps



3 sets 20 reps 1 min rest

Alternating Curtsy Lunges



3 sets 20 reps 1 min rest



Dumbbell Deadlifts

Primary muscle group(s):

Glutes & Hip Flexors, Lower Back

Secondary:

Abs, Calves, Hamstrings, Quadriceps

Place two dumbbells on the floor.

Stand facing the dumbbells with your feet shoulder width apart.

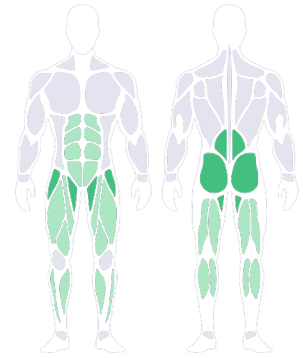
Bend knees and hips to lower your torso in a squatting movement, keep your back straight.

At the bottom of the squat grip the dumbbells with an overhand grip, keeping your arms fully extended.

Return to an upright position holding the dumbbells with your palms facing towards your body and extending your hips forward. Do not round your back.

Return the dumbbells to the floor in the same manner you picked them up.

Repeat.



Resistance Band Glute Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Lower Back

Secondary:

Quadriceps

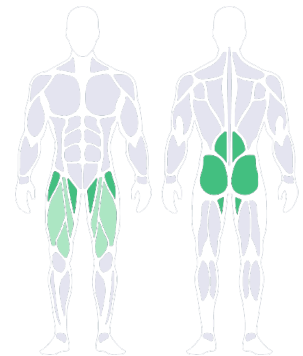
Lay down on an exercise mat with your feet flat on the floor and your knees pointing upwards bent at a 90 degree angle.

Place a resistance band across your hips and pin it down to the ground using your hands at either side.

Raise your hips upwards until a straight line is formed from your knees to your shoulders.

Hold this extended position for 1 second before slowly lowering your hips down to the starting position.

 Do not perform if you suffer from hypertension.



Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

Secondary:

Abs, Lower Back

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

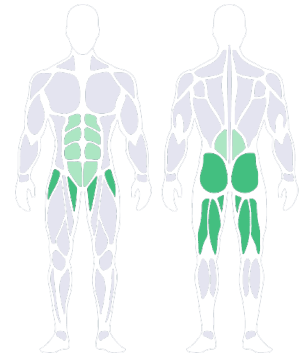
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through you heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.



Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors

Primary muscle group(s):

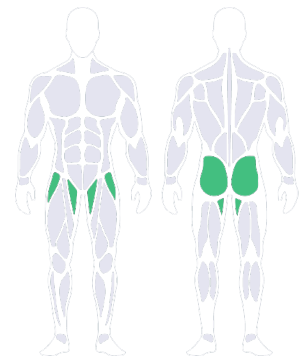
Glutes & Hip Flexors

Lie on your right side on top of a yoga mat or other soft surface.

Brace your core and make sure your body is in a straight line. Keep your right hand on the ground and your left hand on your hip.

Slowly lift the left leg into the air, keeping it straight during the exercise.

Slowly lower your left leg. Complete the set then repeat with the other leg.



Resistance Band Side Steps

Primary muscle group(s):

Glutes & Hip Flexors

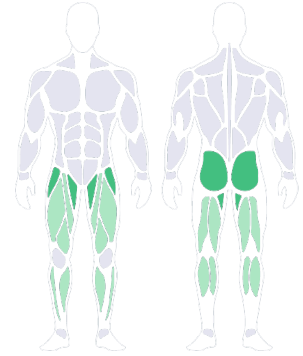
Secondary:

Calves, Hamstrings, Quadriceps

Step inside of a tied resistance band. Separate your feet to shoulder-width. Place a slight bend in the knees while you keep your chest up.

Slowly step to the side with the right foot. Your stance should be well outside of shoulder-width.

Pause then step with the left foot in the same direction as the right. Keep stepping out with the right until the set is complete then switch sides.



Alternating Curtsy Lunges

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

Calves, Glutes & Hip Flexors

Standing with a braced core and flat back, bring your hands together at chest height. Position your feet to be at hip-width.

Beginning with the right foot, step backward and across your left foot. Simultaneously, bend the left knee and drop it towards the ground.

Stop when the front right knee is parallel with the ground. Push off the ground with your right foot and return to the starting position.

