



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



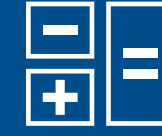
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BOOTY BURNER: COURTNEY KING'S FULL GLUTE WORKOUT

Team BPI athlete Courtney King presents her Booty Burner complete glute workout plan. This program uses supersets to grow and strengthen your glutes!

Link to Workout: <https://www.muscleandstrength.com/workouts/booty-burner-courtney-king-full-glute-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 1 Days

Time Per Workout: 45-60 Mins

Equipment: Bodyweight, Cables, Dumbbells, Machines

Author: Team Muscle & Strength

The Booty Burner Workout

Exercise	Sets	Reps
Superset		
Single Leg Deadlift	3	10
Goblet Squat	3	10
Superset		
Hyperextension	3	15
Reverse Hack Squat	3	12
Superset		
Cable Glute Kickback	3	10 Per Leg
Stiff Legged Deadlift	3	15
Superset		
Bodyweight Hip Thrust	3	10
Single Leg Bodyweight Hip Thrust	3	5 Per Leg

The only rest in between exercises is the time it takes to get from one machine to the next. Rest 30 - 90 Secs between Supersets. This workout can be performed 1-2 times a week. For the best results, incorporate it into a complete workout routine.

