



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



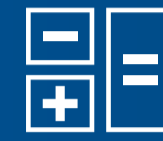
Diet Plans



Expert Guides



Videos



Tools

THE BUTT BUILDER

Women - who doesn't want a firm and toned butt! Julie Michaelson tells you how to train for the perfect back side.

Link to Workout: <https://www.muscleandstrength.com/workouts/the-butt-builder.html>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 6 Weeks
Days Per Week: 1 Day

Time Per Workout: 45-60 Mins
Equipment: Barbell, Dumbbells, Machines
Author: Julie Michaelson

The Butt Builder

Exercise	Sets	Reps
Superset		
Squat	10	10
Leg Curls	10	10
Reverse Barbell Lunges	4	8 - 10
Dumbbell Step Ups	3	12
Leg Extensions	3	Failure
Rest for 60 - 120 Secs.		