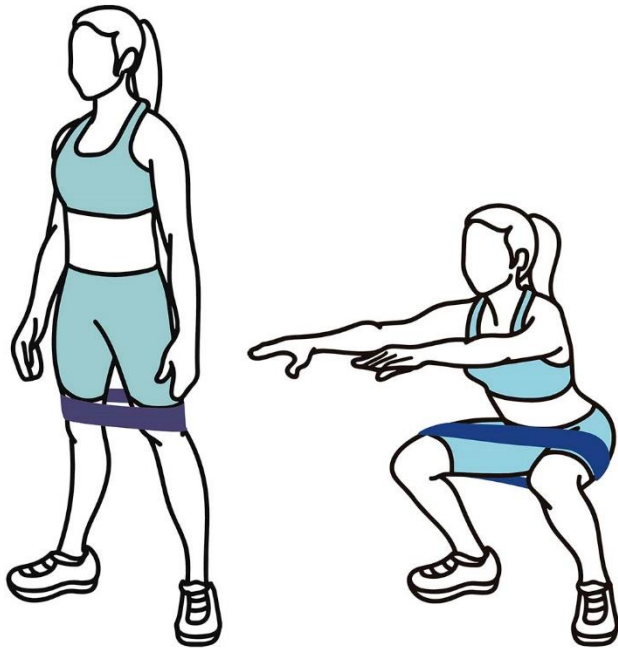
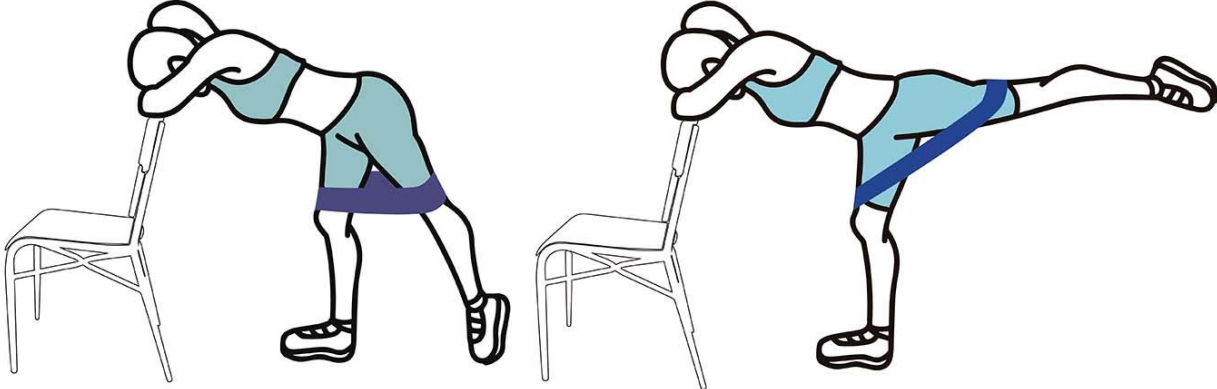


Booty Band Workout:

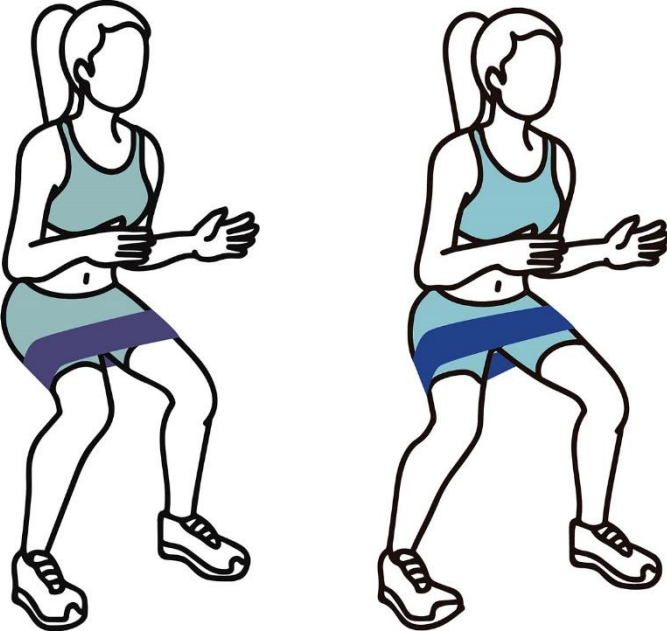
#1 Squat



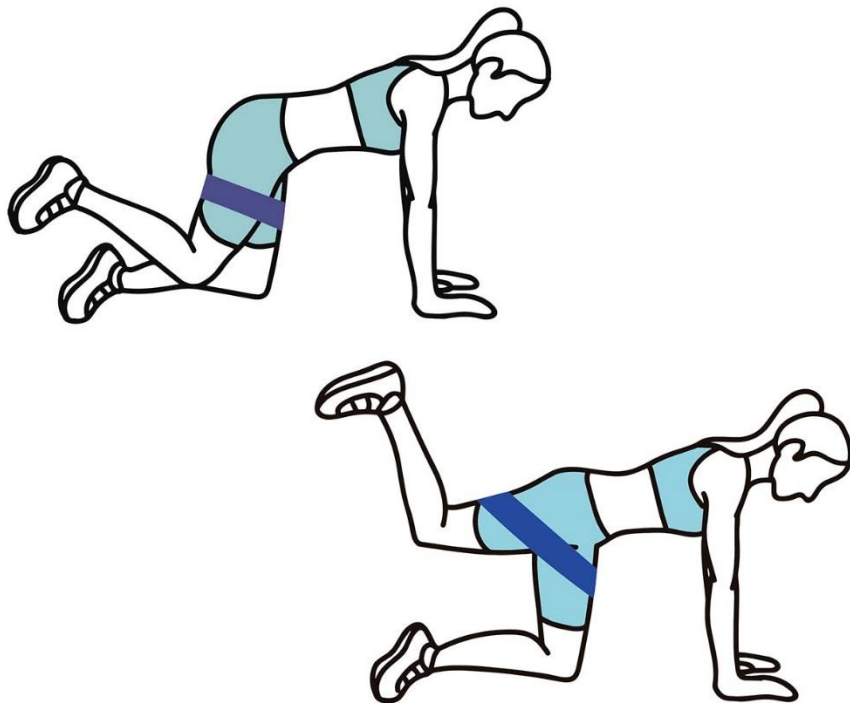
#2 Leaning Kickback



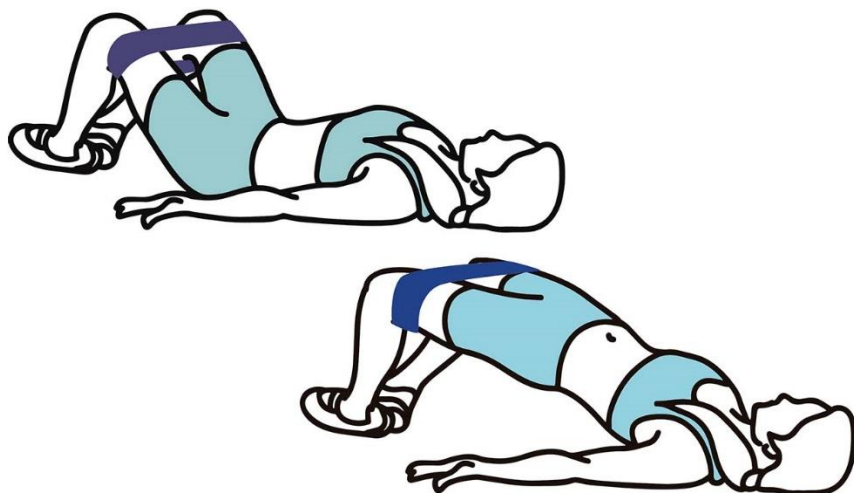
#3 Lateral Shuffle



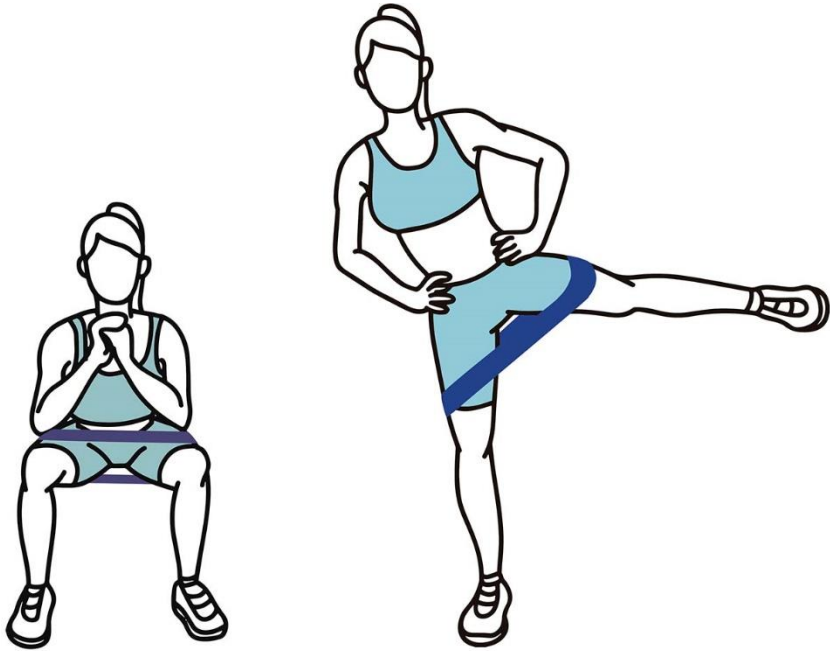
#4 Glute Kickback



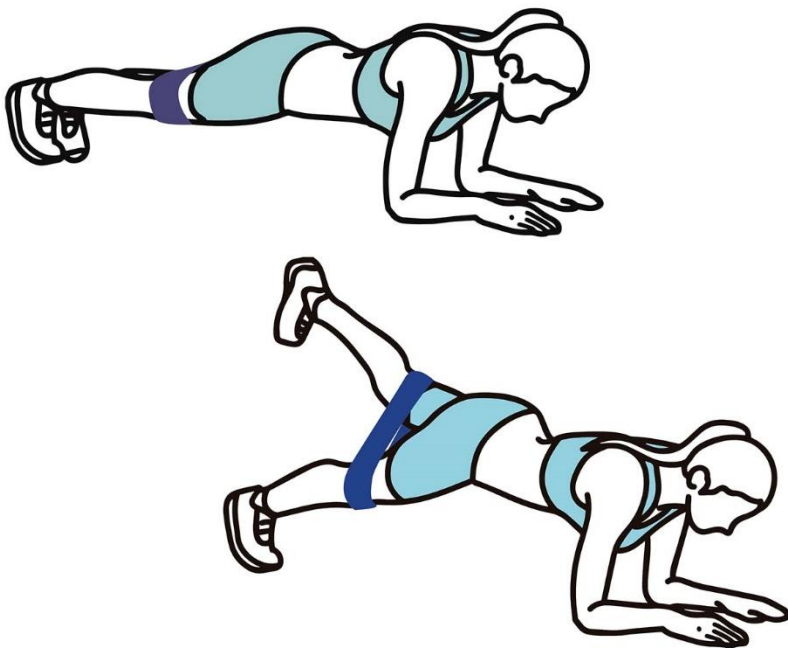
#5 Bridge Thrust



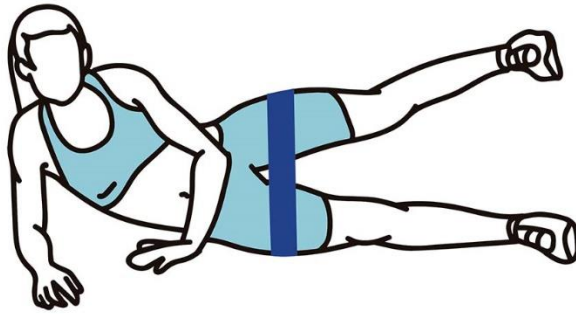
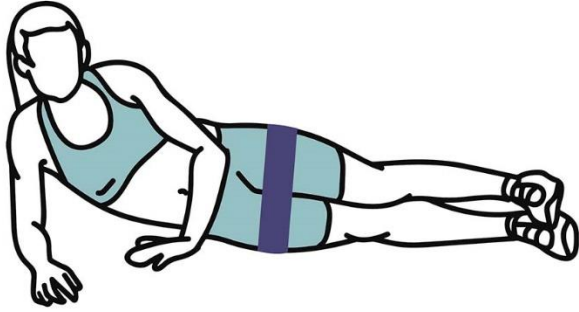
#6 Sumo Squat



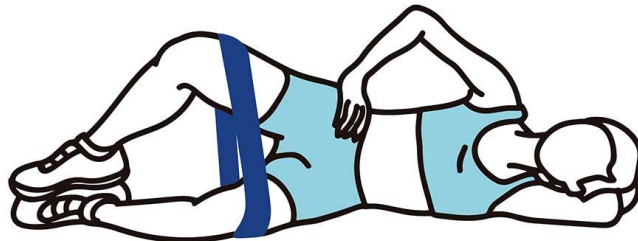
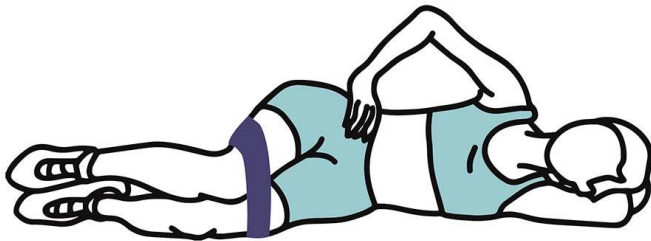
#7 Plank Kickback



#8 Lying Hip Abduction



#9 Clamshell



#10 Band Walk

