**Gym Best Butt Exercises for Women**

**12 Week Workout Routine & Log**

|  |  |  |
| --- | --- | --- |
| **Exercises** | **Week 1** | **Week 2** |
| Squats - wide | 1st Workout: heavy | 1st Workout: heavy |
|  |  |  |
| 2nd Workout: light | 2nd Workout: light |
|  |  |
| Forward Lunges | 1st Workout: heavy | 1st Workout: heavy |
|  |  |  |
| 2nd Workout: light | 2nd Workout: light |
|  |  |
| Deadlifts | 1st Workout: heavy | 1st Workout: heavy |
|  |  |  |
| 2nd Workout: light | 2nd Workout: light |
|  |  |
| Cable Kickbacks | 1st Workout: heavy | 1st Workout: heavy |
|  |  |  |
| 2nd Workout: light | 2nd Workout: light |
|  |  |
| Leg Press-narrow | 1st Workout: heavy | 1st Workout: heavy |
|  |  |  |
| 2nd Workout: light | 2nd Workout: light |
|  |  |
| 1st Workout of the Week - (heavy, low reps) - 3 sets x 6-8 reps x weight  2nd Workout of the Week - (light, high reps) - 4 sets x 10-15 reps x weight  \*Rest 3-4 days between 1st and 2nd Workout for each week.  \*Use the heaviest weights possible to complete each exercise. Use dumbbells, kettlebells, and ankle weights. Go deep! | | |

[**Gain up to 2 ½ “ to your Butt with the Better Butt Program**](http://09112apwn3yjj0wfuvs1q7a319.hop.clickbank.net/)

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|  |  |  |
| --- | --- | --- |
| **Exercises** | **Week 3** | **Week 4** |
| Squats - wide | 1st Workout: heavy | 1st Workout: heavy |
|  |  |  |
| 2nd Workout: light | 2nd Workout: light |
|  |  |
| Forward Lunges | 1st Workout: heavy | 1st Workout: heavy |
|  |  |  |
| 2nd Workout: light | 2nd Workout: light |
|  |  |
| Deadlifts | 1st Workout: heavy | 1st Workout: heavy |
|  |  |  |
| 2nd Workout: light | 2nd Workout: light |
|  |  |
| Cable Kickbacks | 1st Workout: heavy | 1st Workout: heavy |
|  |  |  |
| 2nd Workout: light | 2nd Workout: light |
|  |  |
| Leg Press-narrow | 1st Workout: heavy | 1st Workout: heavy |
|  |  |  |
| 2nd Workout: light | 2nd Workout: light |
|  |  |
| 1st Workout of the Week - (heavy, low reps) - 3 sets x 6-8 reps x weight  2nd Workout of the Week - (light, high reps) - 4 sets x 10-15 reps x weight  \*Rest 3-4 days between 1st and 2nd Workout for each week.  \*Use the heaviest weights possible to complete each exercise. Use dumbbells, kettlebells, and ankle weights. Go deep! | | |

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