

# 30 DAY WORKOUT PLAN

## ACTIVRE 10 BOOTY BANDS EXERCISES

### Beginner's program Lightweight Resistance

Complete each of the exercises from the video for 30 seconds and follow the timetable below, taking a 15 seconds rest between each one. Repeat all 10 exercises for week 2 and you will be ready to advance to the intermediate program.

Mon	Seated Abductors	Clams	Fire Hydrants	Donkey Kicks	Rainbows	Squat to Lateral Leg Lifts	Crab Walks	Glute Kickback	Bridge March	Hip Thrusts
Tue	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Wed	Seated Abductors	Clams	Fire Hydrants	Donkey Kicks	Rainbows	Squat to Lateral Leg Lifts	Crab Walks	Glute Kickback	Bridge March	Hip Thrusts
Thurs	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Fri	Seated Abductors	Clams	Fire Hydrants	Donkey Kicks	Rainbows	Squat to Lateral Leg Lifts	Crab Walks	Glute Kickback	Bridge March	Hip Thrusts



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### Intermediate program Medium Resistance

Moving on to the intermediate program introduces you to complete the first set of the 10 exercises in the video and then repeating them again straightaway taking a 15 seconds rest between each. Build up over a period of 2 weeks and if comfortable at this level move on to the advanced program.

Mon	Seated Abductors	Clams	Fire Hydrants	Donkey Kicks	Rainbows	Squat to Lateral Leg Lifts	Crab Walks	Glute Kickback	Bridge March	Hip Thrusts
Tue	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Wed	Seated Abductors	Clams	Fire Hydrants	Donkey Kicks	Rainbows	Squat to Lateral Leg Lifts	Crab Walks	Glute Kickback	Bridge March	Hip Thrusts
Thurs	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Fri	Seated Abductors	Clams	Fire Hydrants	Donkey Kicks	Rainbows	Squat to Lateral Leg Lifts	Crab Walks	Glute Kickback	Bridge March	Hip Thrusts



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### Advanced program Strong Resistance

After 2 weeks at the intermediate level, you are ready for our advanced program. This level introduces you to complete 3 sets of the 10 exercises from the video taking a 10 seconds rest between each for a further 2 weeks. This is not for the faint hearted and will produce a lot of no pain, no gain sweating. However, after 30 days you will start seeing fantastic result.

Mon	Seated Abductors	Clams	Fire Hydrants	Donkey Kicks	Rainbows	Squat to Lateral Leg Lifts	Crab Walks	Glute Kickback	Bridge March	Hip Thrusts
Tue	Seated Abductors	Clams	Fire Hydrants	Donkey Kicks	Rainbows	Squat to Lateral Leg Lifts	Crab Walks	Glute Kickback	Bridge March	Hip Thrusts
Wed	Seated Abductors	Clams	Fire Hydrants	Donkey Kicks	Rainbows	Squat to Lateral Leg Lifts	Crab Walks	Glute Kickback	Bridge March	Hip Thrusts
Thurs	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Fri	Seated Abductors	Clams	Fire Hydrants	Donkey Kicks	Rainbows	Squat to Lateral Leg Lifts	Crab Walks	Glute Kickback	Bridge March	Hip Thrusts

