

# 8 WEEK BOOTY PROGRAM

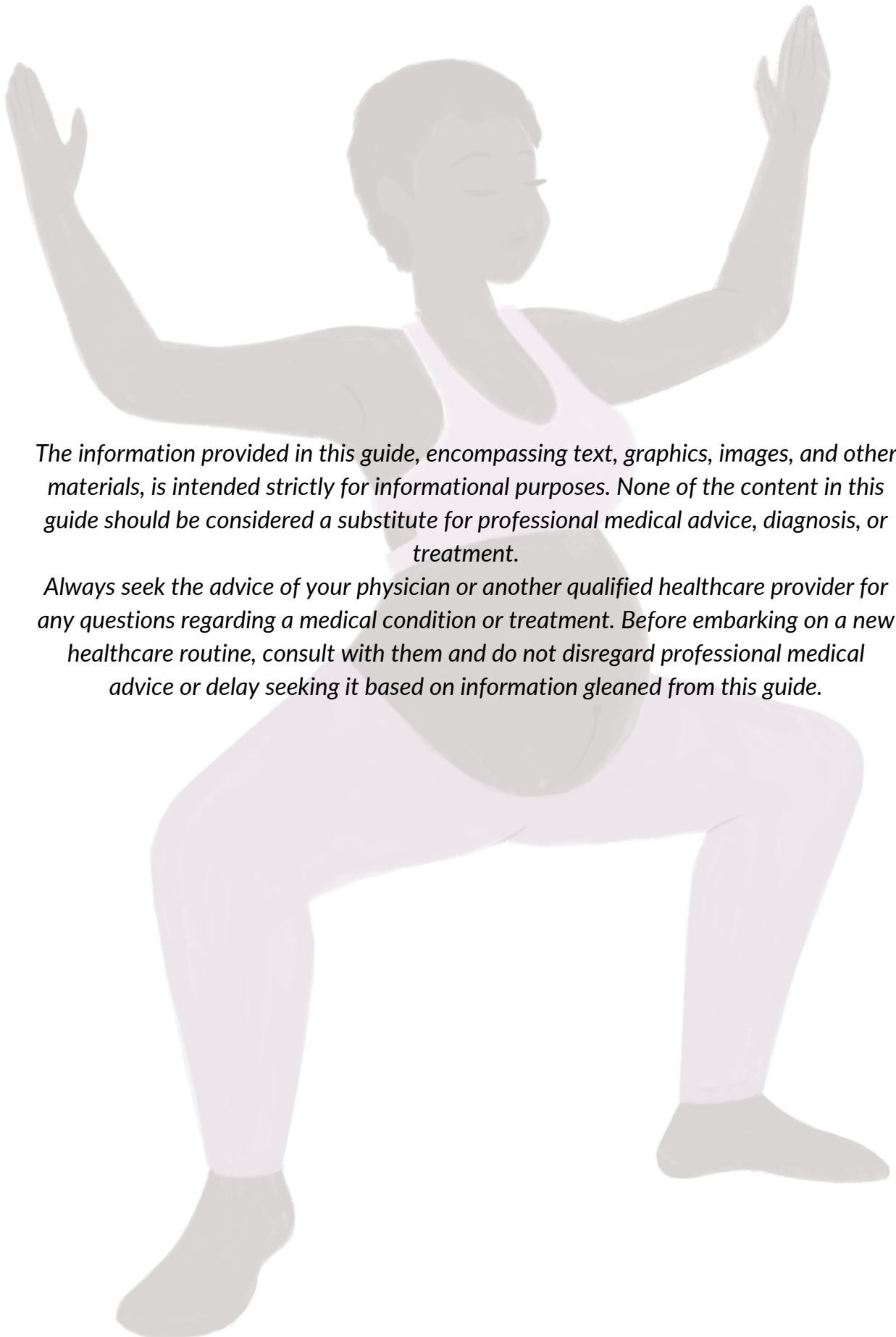
AT HOME



# DISCLAIMER

*The information provided in this guide, encompassing text, graphics, images, and other materials, is intended strictly for informational purposes. None of the content in this guide should be considered a substitute for professional medical advice, diagnosis, or treatment.*

*Always seek the advice of your physician or another qualified healthcare provider for any questions regarding a medical condition or treatment. Before embarking on a new healthcare routine, consult with them and do not disregard professional medical advice or delay seeking it based on information gleaned from this guide.*



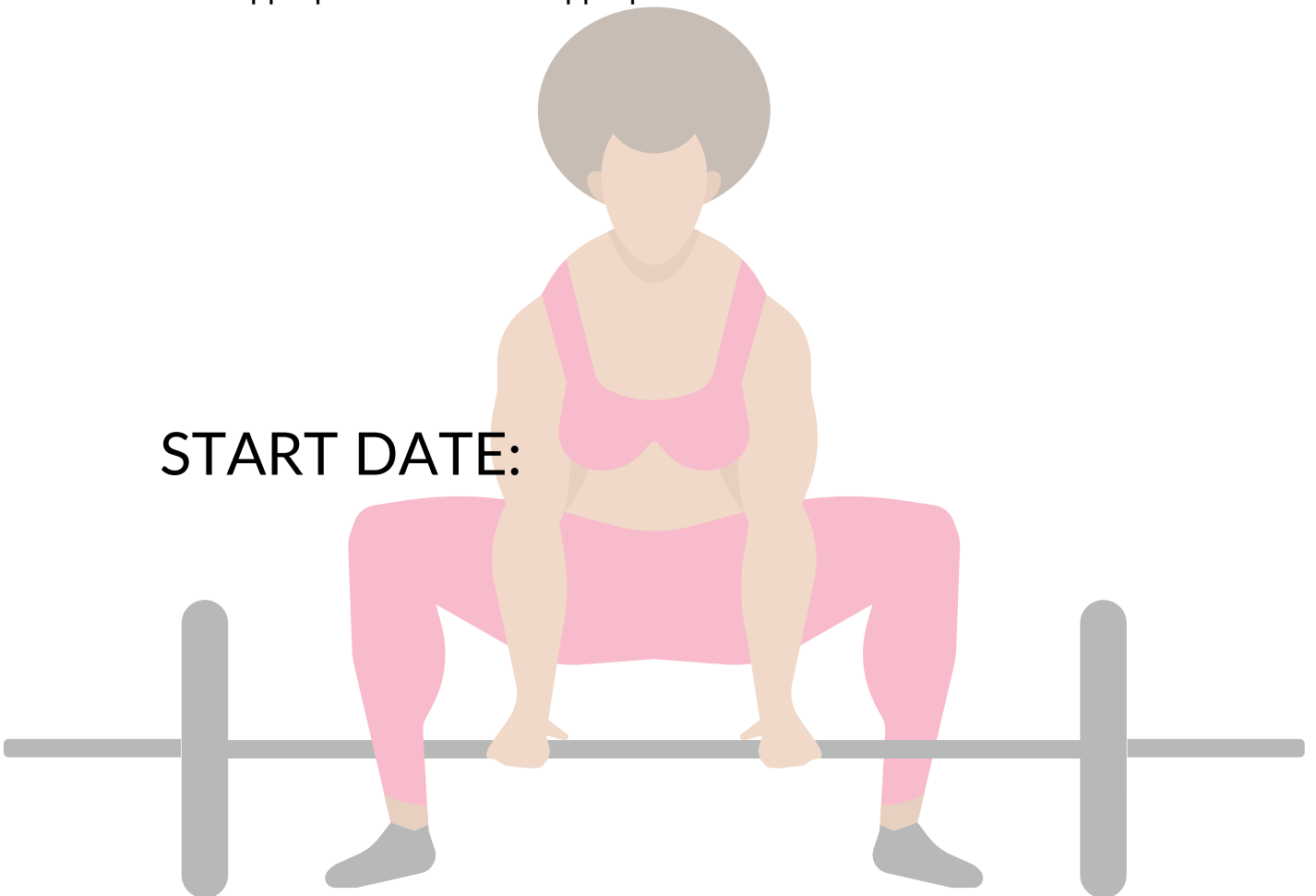
# WELCOME

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START DATE:



# SET YOUR GOALS

*WHAT IS MY GOAL?*

*WHY DO I WANT TO ACHIEVE THIS?*

*WHEN WILL I ACHIEVE THIS?*

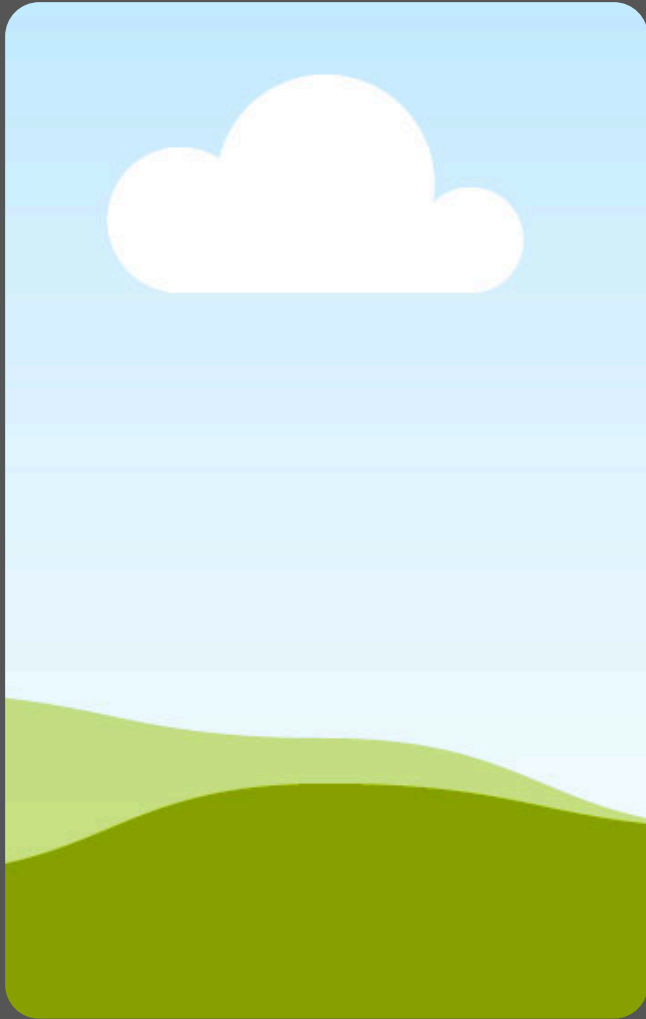


# TAKE YOUR MEASUREMENTS

<i>Week</i>	<i>Weight</i> <i>(kg)</i>	<i>Hips</i> <i>(cm)</i>	<i>Waist</i> <i>(cm)</i>
<i>1</i>			
<i>2</i>			
<i>3</i>			
<i>4</i>			
<i>5</i>			
<i>6</i>			
<i>7</i>			
<i>8</i>			

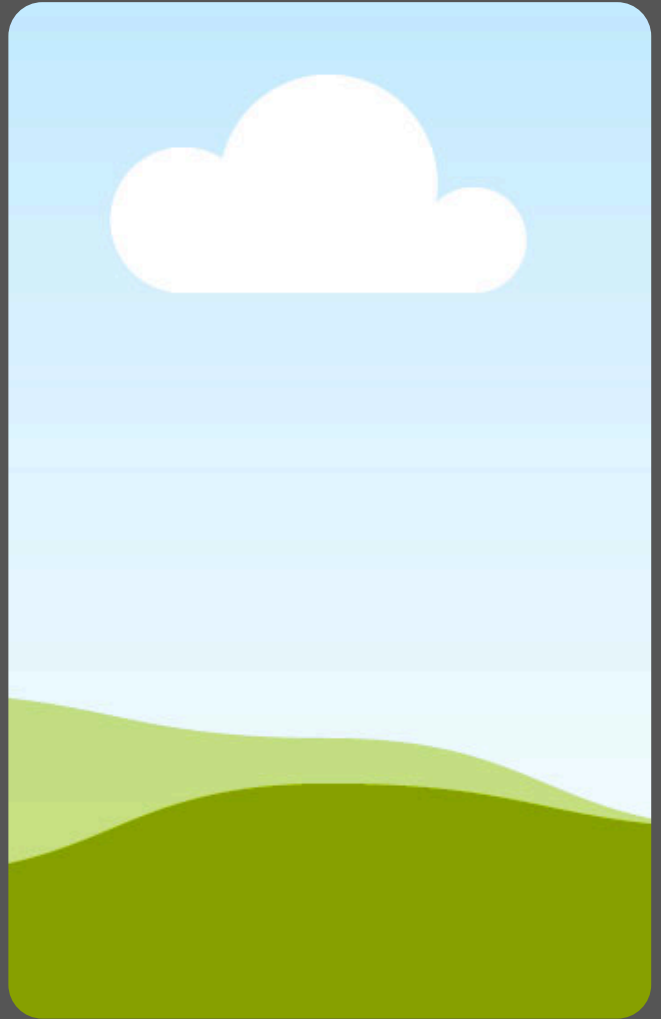
# COMPARE YOURSELF

*BEFORE*



*START DATE:*

*AFTER*



*COMPLETION DATE:*



# NUTRITION

# HEALTHY DIET

A healthy diet is a balanced and varied approach to nourishment that prioritizes the intake of nutrient-dense foods. It emphasizes a diverse range of whole foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. This nutritional philosophy seeks to provide the body with essential vitamins, minerals, antioxidants, and other vital nutrients to support overall well-being. Additionally, a healthy diet is mindful of portion sizes, promotes hydration through adequate water consumption, and limits the intake of processed foods, added sugars, and excessive salt. It is a sustainable and enjoyable way of eating that contributes not only to physical health but also to sustained energy levels, mental clarity, and optimal functioning of the body.

Achieving a balanced diet involves making mindful choices and incorporating a variety of nutrient-rich foods into your daily meals. Here are some key principles to help you attain a well-balanced diet:

1. **Include a Variety of Food Groups:** Consume a diverse range of foods from all major food groups, including fruits, vegetables, whole grains, lean proteins, and healthy fats. This ensures a broad spectrum of essential nutrients.
2. **Portion Control:** Be mindful of portion sizes to avoid overeating. Use smaller plates and listen to your body's hunger and fullness cues.
3. **Prioritize Whole Foods:** Choose whole, minimally processed foods over highly processed and refined options. Whole foods retain more nutrients and offer better long-term health benefits.
4. **Colorful Plate:** Aim for a colorful plate by including a variety of fruits and vegetables. Different colors often indicate different nutrients, providing a wide range of health benefits.
5. **Lean Proteins:** Include sources of lean protein in your diet, such as poultry, fish, beans, legumes, tofu, and low-fat dairy. Protein is essential for muscle health and overall body function.
6. **Healthy Fats:** Incorporate sources of healthy fats, such as avocados, nuts, seeds, and olive oil. These fats are crucial for brain health and nutrient absorption.
7. **Limit Added Sugars and Salt:** Reduce the intake of foods and beverages high in added sugars and sodium. Opt for natural sources of sweetness and flavor, and use herbs and spices for seasoning.
8. **Stay Hydrated:** Drink plenty of water throughout the day. Water is essential for digestion, nutrient transport, and overall bodily functions.
9. **Meal Planning:** Plan your meals ahead of time to ensure a balanced intake of nutrients. This can help you make healthier choices and avoid relying on convenience foods.
10. **Moderation and Variety:** Practice moderation and enjoy a variety of foods. No single food can provide all the necessary nutrients, so embracing diversity is key to a well-rounded diet.

# UNDERSTANDING MACRO-NUTRIENTS

Macronutrients are essential components of our diet that provide the energy necessary for bodily functions. There are three main types of macronutrients: carbohydrates, proteins, and fats. Each plays a unique role in supporting overall health and well-being.

## **Carbohydrates:** The Body's Primary Energy Source

Carbohydrates are a key macronutrient that serves as the primary energy source for the body. Found in foods like grains, fruits, and vegetables, carbohydrates are broken down into glucose, which is then used by cells for energy. It's crucial to include both simple carbohydrates, like those found in fruits, and complex carbohydrates, found in whole grains, for sustained energy levels. (4 calories per Gram)

## **Proteins:** Building Blocks for Growth and Repair

Proteins are essential for the body's growth, repair, and maintenance. Found in sources such as meat, dairy, legumes, and nuts, proteins are made up of amino acids that play a vital role in building and repairing tissues. Including a variety of protein sources in your diet ensures you get a spectrum of amino acids necessary for optimal health and function. (4 calories per Gram)

## **Fats:** Essential for Health and Function

Fats, another crucial macronutrient, are vital for overall health and proper bodily function. Found in sources like avocados, nuts, seeds, and oils, fats play key roles in energy storage, hormone production, and the absorption of fat-soluble vitamins (A, D, E, and K). While it's important to choose healthy fats, such as monounsaturated and polyunsaturated fats, in moderation, they contribute to satiety and support various physiological processes, making them an integral part of a well-rounded diet. (9 calories per Gram)

# EXAMPLES OF FOODS FOR EACH MACRONUTRIENT

## PROTEINS

Chicken Breast  
Chicken thigh  
Pork medallion  
Lamb chop  
Turkey breast  
Beef sausage  
Pork sausage  
Tofu  
Eggs  
Salmon  
Canned tuna  
Shrimp  
Milk  
Cheese

## CARBS

White rice  
Brown rice  
White pasta  
Whole-wheat pasta  
Gluten-free pasta  
Couscous  
Quinoa  
White potatoes  
Sweet potatoes  
Bread  
Wholegrain slice  
Popcorn  
Fruits  
Vegetables

## HEALTHY FATS

Avocados  
Eggs  
Almonds  
Hazelnuts  
Peanuts  
Pistachios  
Cashews  
Olive oil  
Coconut oil  
Cheese  
Milk  
Greek yogurt  
Peanut butter

# CALORIES

Calories are units of energy that the body derives from the food and beverages consumed. The energy obtained from calories is essential for maintaining bodily functions, sustaining physical activity, and supporting overall health.

Our Total Daily Energy Expenditure (TDEE) is the total number of calories our body uses in a day. It includes the energy we need for basic functions like breathing and digestion, the calories burned during physical activities, and the energy used to process the food we eat. To maintain our current weight, we should aim to eat about the same number of calories as our TDEE.

If we want to lose weight, we need to create a calorie deficit by eating fewer calories than our TDEE. This can be done by eating a bit less and being more active.

A safe rate of weight loss is about 1-2 pounds per week.

On the other hand, if we want to gain weight, we need a calorie surplus. This means eating more calories than our TDEE. It's important to focus on healthy foods and consider strength training to build muscle mass.



# Pre & Post

## WORKOUT MEALS

### PRE-WORKOUT

- Bananas
- Baked potato -easy to prepare and can include fillings like tuna, beans, chicken, coleslaw and yoghurt dressing
- Porridge and oatmeal
- Fruit smoothies
- Apples with peanut butter
- Pizza with lots of fresh vegetables, fruits, grains and beans.
- Whole wheat pasta with tomato sauce with vegetables served with a side salad
- Casseroles with lean meat and variety of vegetables served with couscous or rice
- Grilled fish with vegetables and noodles
- Fruit crumbles, bread puddings or simple bananas.

### POST-WORKOUT

- Chia seed pudding
- Rice cakes with jam
- Sweet potatoes with chicken
- Fruit smoothies
- Chicken sandwich on white bread
- Fresh fruit smoothie made with yogurt and milk
- Cereal bar
- Slice of malt loaf
- Tuna and low fat
- Tuna and sweetcorn sandwich
- Protein shake with high carbohydrate content



# EXERCISE PLAN

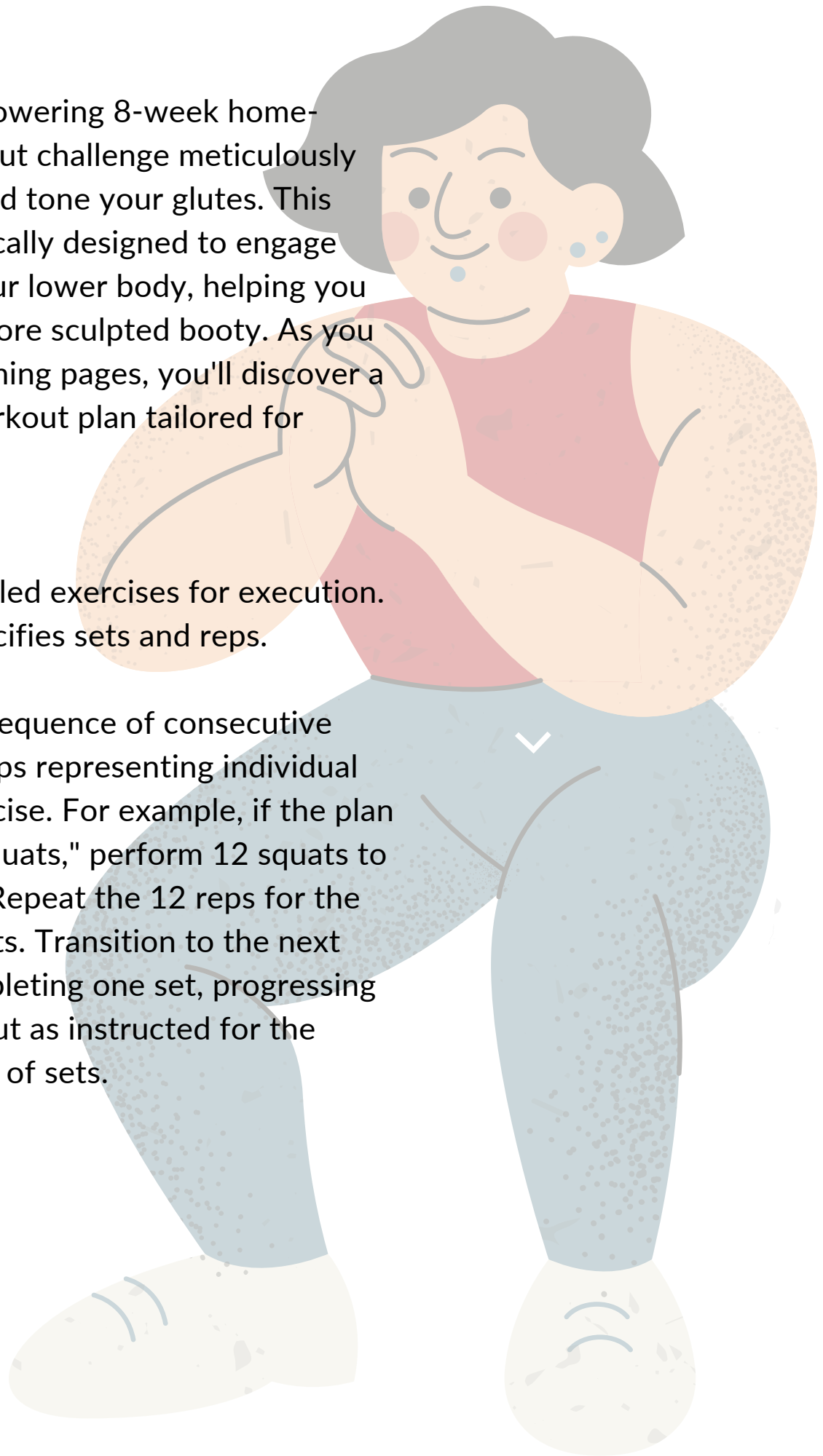
# THE BOOTY CHALLENGE

Embark on an empowering 8-week home-based booty workout challenge meticulously crafted to shape and tone your glutes. This program is strategically designed to engage every muscle in your lower body, helping you achieve a firmer, more sculpted booty. As you dive into the upcoming pages, you'll discover a comprehensive workout plan tailored for optimal results.

## Program Overview:

- Left Side: Detailed exercises for execution.
- Right Side: Specifies sets and reps.

A set comprises a sequence of consecutive repetitions, with reps representing individual motions of an exercise. For example, if the plan indicates "3 x 12 squats," perform 12 squats to complete one set. Repeat the 12 reps for the subsequent two sets. Transition to the next exercise after completing one set, progressing through the workout as instructed for the designated number of sets.



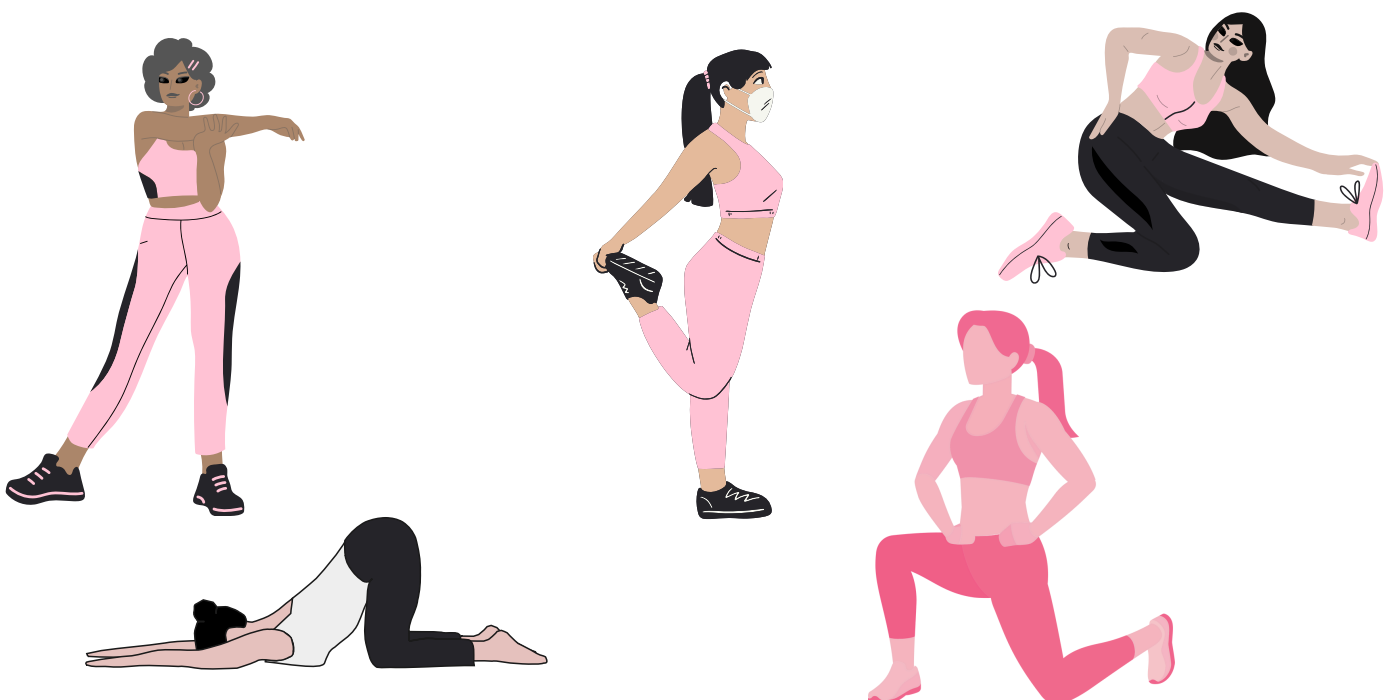
# SHOULD I USE WEIGHTS FOR THIS PROGRAM?

Incorporating weights into your routine is an excellent strategy to enhance your advancements and shape your physique—a concept commonly known as progressive overload. This principle involves systematically elevating the weights as your strength improves. By doing so, your muscles are compelled to develop and fortify, enabling them to effectively perform the exercises you engage in. If you have dumbbells or kettlebells available at home, it's highly recommended to integrate them into your workout routine for optimal results.

## WARM UP AND STRETCH

Ensure you warm up & stretch before each workout session, this helps prevent injury and ensures you are ready to perform at your best. especially if you decide to add weights to the program.

Below are some examples of stretches you can perform, but do what works best for you.



# WEEKLY BREAKDOWN

Use this as a guide to complete your workouts

WEEK 1:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



WEEK 2:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



WEEK 3:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



WEEK 4:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



# WEEKLY BREAKDOWN

Use this as a guide to complete your workouts

WEEK 5:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



WEEK 6:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



WEEK 7:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



WEEK 8:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



# WEEK 1 & 2

## DAY 1

### SQUATS

SETS X REPS

3 x 12

WEIGHT :

### BULGARIAN SPLIT SQUATS

SETS X REPS

3 x 12

WEIGHT :

### LEG EXTENSION

SETS X REPS

3 x 15

WEIGHT :

### FRONT SQUATS

SETS X REPS

3 x 12

WEIGHT :

### GLUTE BRIDGES

SETS X REPS

3 x 12

WEIGHT :

### LEG CURLS

SETS X REPS

3 x 15

WEIGHT :



# WEEK 1 & 2

## DAY 2

### SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### WALKING

### LUNGES

SETS X REPS  
4 x 12

WEIGHT :

### REVERSE FROG

### PUMPS

SETS X REPS  
3 x 15

WEIGHT :

### DEADLIFTS

SETS X REPS  
3 x 12

WEIGHT :

### BANDED

### SIDEWALKS

SETS X REPS  
3 x 20 (10 each way)

WEIGHT :

### HIP THRUSTS

SETS X REPS  
3 x 12

WEIGHT :

# WEEK 1 & 2

## DAY 3

### SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### HIP THRUSTS

SETS X REPS  
3 x 12

WEIGHT :

### BULGARIAN SPLIT SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### KNEELING SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### BACK EXTENTIONS

SETS X REPS  
3 x 12

WEIGHT :

### SIDE LUNGES

SETS X REPS  
3 x 12

WEIGHT :

# WEEK 1 & 2

## DAY 4

### FROG JUMPS

SETS X REPS  
1 x 30

WEIGHT :

### PUSH UPS

SETS X REPS  
1 x 15

WEIGHT :

### BICYCLE CRUNCHES

SETS X REPS  
1 x 30 secs

WEIGHT :

### SQUAT JUMPS

SETS X REPS  
1 x 16

WEIGHT :

### PLANK JACKS

SETS X REPS  
1 x 8

WEIGHT :

### BURPEES

SETS X REPS  
1 x 10

WEIGHT :

# Week 1

## CALORIE AND EXERCISE TRACKER

MONDAY

Workout: ☐

10k steps: ☐

TUESDAY

Workout: ☐

10k steps: ☐

WEDNESDAY

Workout: ☐

10k steps: ☐

THURSDAY

Workout: ☐

10k steps: ☐

FRIDAY

Workout: ☐

10k steps: ☐

SATURDAY

Workout: ☐

10k steps: ☐

SUNDAY

Workout: ☐

10k steps: ☐

# Week 2

## CALORIE AND EXERCISE TRACKER

MONDAY

Workout: ☐

10k steps: ☐

TUESDAY

Workout: ☐

10k steps: ☐

WEDNESDAY

Workout: ☐

10k steps: ☐

THURSDAY

Workout: ☐

10k steps: ☐

FRIDAY

Workout: ☐

10k steps: ☐

SATURDAY

Workout: ☐

10k steps: ☐

SUNDAY

Workout: ☐

10k steps: ☐

# WEEK 3 & 4

## DAY 1

### SQUATS

SETS X REPS

3 x 12

WEIGHT :

### BULGARIAN SPLIT SQUATS

SETS X REPS

3 x 12

WEIGHT :

### LEG EXTENSION

SETS X REPS

3 x 15

WEIGHT :

### GOOD MORNINGS

SETS X REPS

3 x 12

WEIGHT :

### GLUTE BRIDGES

SETS X REPS

3 x 12

WEIGHT :

### LEG CURLS

SETS X REPS

3 x 15

WEIGHT :

# WEEK 3 & 4

## DAY 2

### SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### LUNGES

SETS X REPS  
4 x 12

WEIGHT :

### HIP ABDUCTORS

SETS X REPS  
3 x 15

WEIGHT :

### DEADLIFTS

SETS X REPS  
3 x 12

WEIGHT :

### BANDED SIDEWALKS

SETS X REPS  
3 x 20 (10 each way)

WEIGHT :

### HIP THRUSTS

SETS X REPS  
3 x 12

WEIGHT :



# WEEK 3 & 4

## DAY 3

### SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### LUNGES

SETS X REPS  
4 x 12

WEIGHT :

### HIP ABDUCTORS

SETS X REPS  
3 x 15

WEIGHT :

### DEADLIFTS

SETS X REPS  
3 x 12

WEIGHT :

### BANDED SIDEWALKS

SETS X REPS  
3 x 20 (10 each way)

WEIGHT :

### GOOD MORNINGS

SETS X REPS  
3 x 12

WEIGHT :

# Week 3

## CALORIE AND EXERCISE TRACKER

MONDAY

Workout: ☐

10k steps: ☐

TUESDAY

Workout: ☐

10k steps: ☐

WEDNESDAY

Workout: ☐

10k steps: ☐

THURSDAY

Workout: ☐

10k steps: ☐

FRIDAY

Workout: ☐

10k steps: ☐

SATURDAY

Workout: ☐

10k steps: ☐

SUNDAY

Workout: ☐

10k steps: ☐

# Week 4

## CALORIE AND EXERCISE TRACKER

MONDAY

Workout: ☐

10k steps: ☐

TUESDAY

Workout: ☐

10k steps: ☐

WEDNESDAY

Workout: ☐

10k steps: ☐

THURSDAY

Workout: ☐

10k steps: ☐

FRIDAY

Workout: ☐

10k steps: ☐

SATURDAY

Workout: ☐

10k steps: ☐

SUNDAY

Workout: ☐

10k steps: ☐

# WEEK 5 & 6

## DAY 1

### SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### BULGARIAN SPLIT SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### LEG EXTENSION

SETS X REPS  
3 x 15

WEIGHT :

### GOOD MORNINGS

SETS X REPS  
3 x 12

WEIGHT :

### GLUTE BRIDGES

SETS X REPS  
3 x 12

WEIGHT :

### LEG CURLS

SETS X REPS  
3 x 15

WEIGHT :

# WEEK 5 & 6

## DAY 2

### SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### SPLIT SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### LEG EXTENSION

SETS X REPS  
3 x 15

WEIGHT :

### GOOD MORNINGS

SETS X REPS  
3 x 12

WEIGHT :

### GLUTE BRIDGES

SETS X REPS  
3 x 12

WEIGHT :

### DONKEY KICKS

SETS X REPS  
3 x 15

WEIGHT :

# WEEK 5 & 6

## DAY 3

### KNEELING SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### BANNED SIDE WALKING

SETS X REPS  
3 x 12

WEIGHT :

### LEG EXTENSION

SETS X REPS  
3 x 15

WEIGHT :

### GOOD MORNINGS

SETS X REPS  
3 x 12

WEIGHT :

### GLUTE BRIDGES

SETS X REPS  
3 x 12

WEIGHT :

### LEG CURLS

SETS X REPS  
3 x 15

WEIGHT :

# WEEK 5 & 6

## DAY 4

### KNEELING SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### BANNED SIDE WALKING

SETS X REPS  
3 x 12

WEIGHT :

### GOOD MORNINGS

SETS X REPS  
3 x 12

WEIGHT :

### GLUTE BRIDGES

SETS X REPS  
3 x 12

WEIGHT :

### TREADMILL WALKING LUNGES

UNTILL FAILURE



# Week 5

## CALORIE AND EXERCISE TRACKER

MONDAY

Workout: ☐

10k steps: ☐

TUESDAY

Workout: ☐

10k steps: ☐

WEDNESDAY

Workout: ☐

10k steps: ☐

THURSDAY

Workout: ☐

10k steps: ☐

FRIDAY

Workout: ☐

10k steps: ☐

SATURDAY

Workout: ☐

10k steps: ☐

SUNDAY

Workout: ☐

10k steps: ☐

# Week 6

## CALORIE AND EXERCISE TRACKER

MONDAY

Workout: ☐

10k steps: ☐

TUESDAY

Workout: ☐

10k steps: ☐

WEDNESDAY

Workout: ☐

10k steps: ☐

THURSDAY

Workout: ☐

10k steps: ☐

FRIDAY

Workout: ☐

10k steps: ☐

SATURDAY

Workout: ☐

10k steps: ☐

SUNDAY

Workout: ☐

10k steps: ☐

# WEEK 7 & 8

## DAY 1

### SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### BULGARIAN SPLIT SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### LEG EXTENSION

SETS X REPS  
3 x 15

WEIGHT :

### FRONT SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### GLUTE BRIDGES

SETS X REPS  
3 x 12

WEIGHT :

### LEG CURLS

SETS X REPS  
3 x 15

WEIGHT :

# WEEK 7 & 8

## DAY 2

### SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### WALKING LUNGES

SETS X REPS  
4 x 12

WEIGHT :

### REVERSE FROG PUMPS

SETS X REPS  
3 x 15

WEIGHT :

### DEADLIFTS

SETS X REPS  
3 x 12

WEIGHT :

### BANDED SIDEWALKS

SETS X REPS  
3 x 20 (10 each way)

WEIGHT :

### HIP THRUSTS

SETS X REPS  
3 x 12

WEIGHT :

# WEEK 7 & 8

## DAY 3

### SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### HIP THRUSTS

SETS X REPS  
3 x 12

WEIGHT :

### BULGARIAN SPLIT SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### KNEELING SQUATS

SETS X REPS  
3 x 12

WEIGHT :

### BACK EXTENTIONS

SETS X REPS  
3 x 12

WEIGHT :

### SIDE LUNGES

SETS X REPS  
3 x 12

WEIGHT :

# WEEK 1 & 2

## DAY 4

### FROG JUMPS

SETS X REPS  
1 x 30

WEIGHT :

### BOX JUMPS SQUATS

SETS X REPS  
1 x 10

WEIGHT :

### BICYCLE CRUNCHES

SETS X REPS  
1 x 30 secs

WEIGHT :

### SQUAT JUMPS

SETS X REPS  
1 x 16

WEIGHT :

### PLANK JACKS

SETS X REPS  
1 x 8

WEIGHT :

### BURPEES

SETS X REPS  
1 x 10

WEIGHT :

# Week 7

## CALORIE AND EXERCISE TRACKER

MONDAY

Workout: ☐

10k steps: ☐

TUESDAY

Workout: ☐

10k steps: ☐

WEDNESDAY

Workout: ☐

10k steps: ☐

THURSDAY

Workout: ☐

10k steps: ☐

FRIDAY

Workout: ☐

10k steps: ☐

SATURDAY

Workout: ☐

10k steps: ☐

SUNDAY

Workout: ☐

10k steps: ☐

# Week 8

## CALORIE AND EXERCISE TRACKER

MONDAY

Workout: ☐

10k steps: ☐

TUESDAY

Workout: ☐

10k steps: ☐

WEDNESDAY

Workout: ☐

10k steps: ☐

THURSDAY

Workout: ☐

10k steps: ☐

FRIDAY

Workout: ☐

10k steps: ☐

SATURDAY

Workout: ☐

10k steps: ☐

SUNDAY

Workout: ☐

10k steps: ☐



# THANK YOU

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COMPANY NAME