

BOOTY BUILDER

7 DAY TRAINING PROGRAM BY HANNAH WILKINSON

DAY 1		COMPLETED			
		REPS	SETS	REPS	SETS
1	Hip Thrusts (banded)	12	4		
2	Squats	12	4		
3	Leg Curls	12	4		
4	Walking Lunges	12	4		
5	V Snaps	15	3		
6	Starfish Crunches	15	3		

DAY 2		COMPLETED			
		REPS	SETS	REPS	SETS
1	Chin Up (assisted)	10	3		
2	Lat Pull Down	15	3		
3	Wide Row	15	3		
4	Hyperextensions	15	3		
5	Seated Lateral Raise	10	3		
6	Alternating Front Raise	10	3		

DAY 3 - REST DAY

DAY 4		COMPLETED			
		REPS	SETS	REPS	SETS
1	Hip Thrusts	12	4		
2	Sumo Deadlift	12	4		
3	Step Ups	12	4		
4	Sumo Squats	12	4		
5	Banded Monster Walks	12	4		
6	Lunge and Lift	12	4		

DAY 5		COMPLETED			
		REPS	SETS	REPS	SETS
1	Chest Press	15	4		
2	Shoulder Press	15	4		
3	Push Ups	15	4		
4	Plank Hold	1 min	4		
5	Leg Raises	15	4		
6	Bicycle Crunches	15	4		

DAY 6 - REST DAY

DAY 7		COMPLETED			
		REPS	SETS	REPS	SETS
1	Squat and Leg Raise	15	3		
2	Cable Kick Back	15	3		
3	Cable Pull Through	15	3		
4	Bulgarian Split Squat	10	3		
5	Donkey Kicks	20	3		
6	Fire Hydrants	20	3		

Personal Trainer at Crunch Rockdale, Hannah Wilkinson is an experienced trainer, and WBFF Bikini Model. Utilising a combination of cardio and resistance training, Hannah's Booty Builder Program is designed to grow your glutes, whilst building a lean and toned overall physique.



As with all new exercise programs it is important to consult with your doctor. If you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath stop immediately. If you have any questions or need advice regarding this program, or have a preexisting injury that prevents you from doing any of the exercises, please consult any one of our friendly PTs in-club for personalized fitness advice.

ONLY \$9.95 A WEEK CRUNCH.COM.AU
ALL DAYS! NO TIME RESTRICTIONS! NO JUDGMENTS! ALL CLUB INFORMATION AVAILABLE ONLINE

LOCATIONS

NSW: CHATSWOOD, LIVERPOOL, BANKSTOWN, PARRAMATTA, MORTDALE, ROCKDALE, CARINGBAH, SYDNEY CBD, ALEXANDRIA & DEE WHY!

VIC: HIGHPOINT, MENTONE, SPRINGVALE, EPPING & HOPPERS CROSSING

