# 7 Minute Butt Workout

Beginner | 8 min

| | | | |
|---|---|---|---|
| 1 |  | High knees running in place | 30 Seconds |
| | | Rest | 10 Seconds |
| 2 |  | Squat | 30 Seconds |
| | | Rest | 10 Seconds |
| 3 |  | Crisscross Hip Extension | 30 Seconds |
| | | Rest | 10 Seconds |
| 4 |  | Single Leg Bridge | 30 Seconds |
| | | Rest | 10 Seconds |
| 5 |  | Mountain Climber | 30 Seconds |
| | | Rest | 10 Seconds |

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| | | | |
|---|---|---|---|
| 6 |  | Superman | 30 Seconds |
| | | Rest | 10 Seconds |
| 7 |  | Butt kicks | 30 Seconds |
| | | Rest | 10 Seconds |
| 8 |  | Leg Pull Down | 30 Seconds |
| | | Rest | 10 Seconds |
| 9 |  | Jump Burpees | 30 Seconds |
| | | Rest | 10 Seconds |
| 10 |  | Step-Ups<br>Bench / Chair | 30 Seconds |
| | | Rest | 10 Seconds |
| 11 |  | Jumping Jacks | 30 Seconds |
| | | Rest | 10 Seconds |

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| | | | |
|---|---|---|---|
| 12 |  | Plank | 30 Seconds |

**P4P**

## This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

- 🎬 Video guide with complete animations
- 🎵 Proprietary music to train better
- ⚙️ Customizable timer and settings
- 📅 Progressive plans for 30, 60 and 90 days
- ✨ New workouts generated with artificial intelligence

**Download the app**

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