Brazilian Butt

Beginner | 7 min

1		Bridge	x30 Reps
2		Hip Extension Bent Knee	x10 Reps
3		Lateral swings with straight leg	x10 Reps
4		Concentrated hip extension	x10 Reps

Rest **30 Seconds**

5		Bridge	x30 Reps
6		Hip Extension Bent Knee	x10 Reps
7		Lateral swings with straight leg	x10 Reps
8		Concentrated hip extension	x10 Reps

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Rest	30 Seconds

9		Bridge	x30 Reps
10		Hip Extension Bent Knee	x10 Reps
11		Lateral swings with straight leg	x10 Reps
12		Concentrated hip extension	x10 Reps

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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