# Butt+Legs ADVANCED

Advanced | 9 min

| | | | |
|---|---|---|---|
| 1 |  | Leg Pull Down | x10 Reps |
| 2 |  | Squat Side Kick | x20 Reps |
| 3 |  | Reverse hip extension | x20 Reps |

Rest 20 Seconds

| | | | |
|---|---|---|---|
| 4 |  | Leg Pull Down | x10 Reps |
| 5 |  | Squat Side Kick | x20 Reps |
| 6 |  | Reverse hip extension | x10 Reps |

Rest 15 Seconds

| | | | |
|---|---|---|---|
| 7 |  | Squat | x30 Reps |

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| | | | |
|---|---|---|---|
| 8 |  | Single Leg Bridge | x10 Reps |
| 9 |  | Calf Raises | x30 Reps |

Rest **15 Seconds**

| | | | |
|---|---|---|---|
| 10 |  | Squat | x30 Reps |
| 11 |  | Single Leg Bridge | x10 Reps |
| 12 |  | Calf Raises | x30 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.

**Download the app**

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