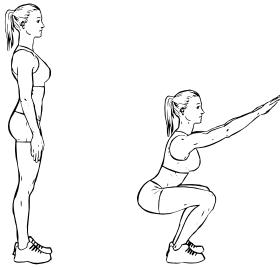


# 22-Min Body Weight Circuit

22 min · Abs, Legs

Today we have a circuit that has one purpose and one purpose only - to shape and strengthen your butt. Work through the entire circuit, own it!

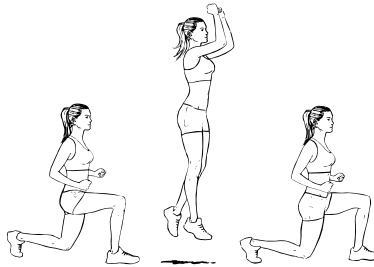
## Air Squats



12 reps

Make sure to go nice and low with these!

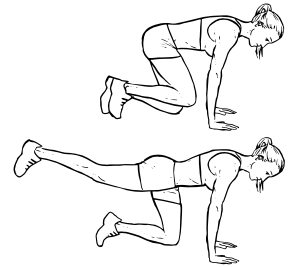
## Explosive Jumping Alternating Lunges



16 reps

Shoot for 8 reps per leg!

## Donkey Kicks



20 reps

Kick each leg 10 times and move straight on!

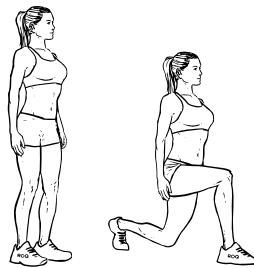
## Jump Squats



10 reps

Again, get nice and low and then explode upwards.

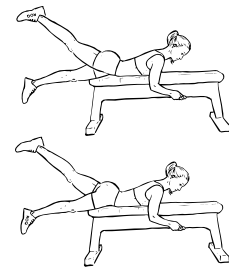
## Bodyweight Walking Lunges



20 reps

The further you step, the better it is for that posterior of yours! 10 reps per leg!

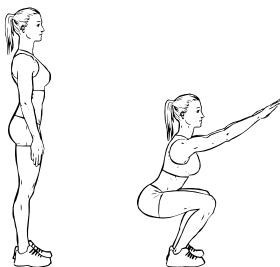
## Bench Flutter Kicks



24 reps

It's all butt here, baby. 12 reps per leg, then start again!

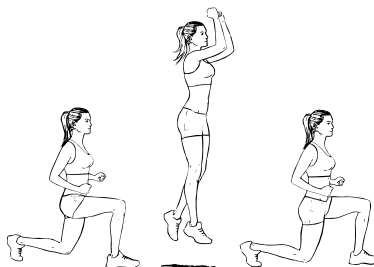
## Air Squats



12 reps

Round 2! Now you're nice and warmed up!

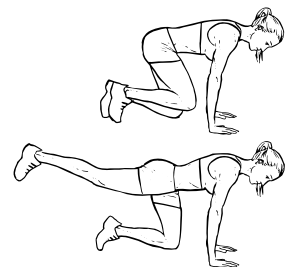
## Explosive Jumping Alternating Lunges



16 reps

Explode with every jump!

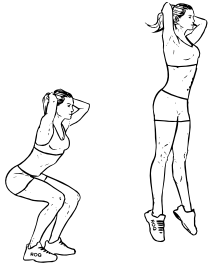
## Donkey Kicks



20 reps

Flex those glutes with each kick.

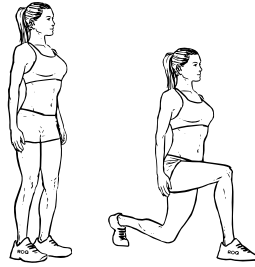
**Jump Squats**



**10** reps

Can you feel the burn?

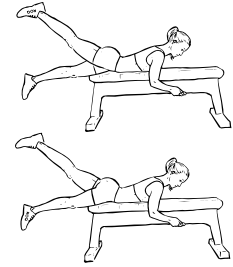
**Bodyweight Walking Lunges**



**20** reps

Keep you neck and back nice and straight here.

**Bench Flutter Kicks**



**24** reps

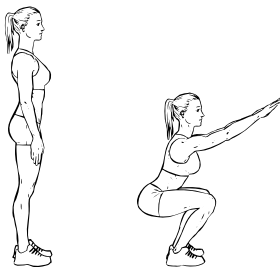
Round 2 done!

**no**  
rest

**no**  
rest

**no**  
rest

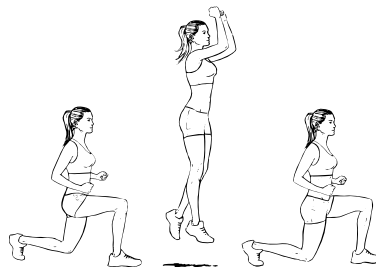
**Air Squats**



**12** reps

We are officially over half way through, you own this.

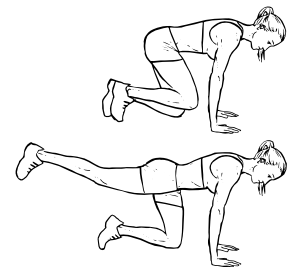
**Explosive Jumping Alternating Lunges**



**16** reps

8 reps per leg, nothing for a machine like you!

**Donkey Kicks**



**20** reps

Glutes, glutes, glutes!

**no**  
rest

**no**  
rest

**no**  
rest

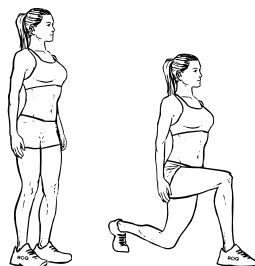
**Jump Squats**



**10** reps

Drop down and then explode!

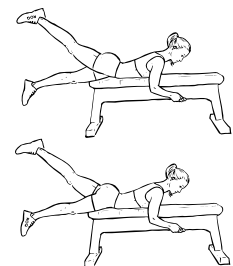
**Bodyweight Walking Lunges**



**20** reps

Take these steps towards the final round.

**Bench Flutter Kicks**



**24** reps

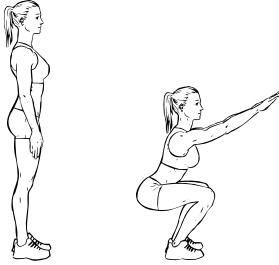
If necessary, take a short rest before hitting that final round with everything you've got!

**no**  
rest

**no**  
rest

**no**  
rest

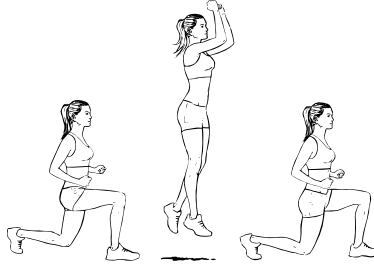
### Air Squats



**12 reps**

Here we go, round 4! Give this one your all.

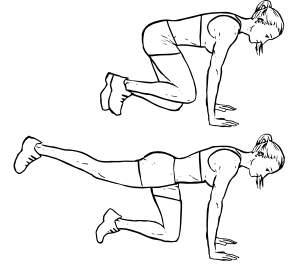
### Explosive Jumping Alternating Lunges



**16 reps**

Make these ones your biggest yet!

### Donkey Kicks



**20 reps**

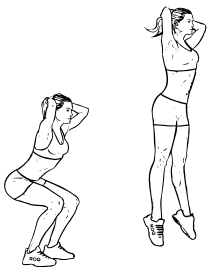
Once these are done, move straight on, come on, no rest!

**no rest**

**no rest**

**no rest**

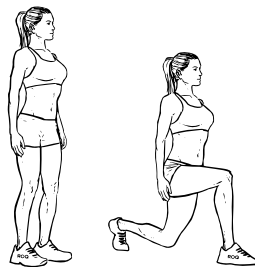
### Jump Squats



**10 reps**

You're on the home straight now.

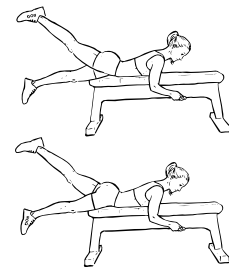
### Bodyweight Walking Lunges



**20 reps**

Your final walk for today (and for perhaps a few days...).

### Bench Flutter Kicks



**24 reps**

Flutter away and then give yourself a rewarding pat on the butt!

**no rest**

**no rest**

## Air Squats

Primary muscle group(s):

**Hamstrings, Quadriceps**

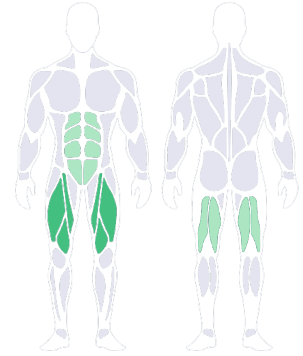
Secondary:

**Abs, Hamstrings**

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



## Explosive Jumping Alternating Lunges

Primary muscle group(s):

**Hamstrings, Quadriceps**

Secondary:

**Abs, Calves, Glutes & Hip Flexors**

Stand straight with a tight core and your chest up.

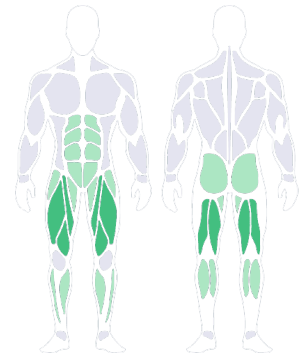
You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.

Your back knee should be slightly bent.

Place your hands on your hips. If you want a challenge, place them straight above the head.

Using all of your force, jump into the air. Simultaneously, switch your leg stance in midair.

Land in the lunge position and repeat.



## Donkey Kicks

Primary muscle group(s):

**Glutes & Hip Flexors**

Secondary:

**Abs**

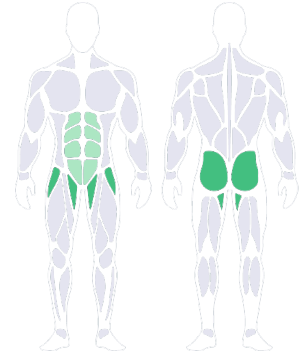
Position yourself on all fours on a mat.

Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.

Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.



## Jump Squats

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

Secondary:

**Abs, Calves, Hamstrings**

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Do not let your knees extend out beyond the level of your toes.

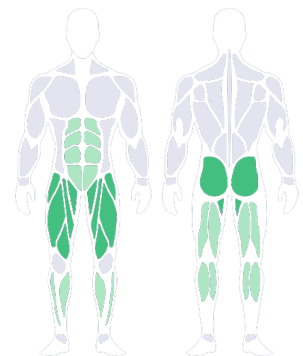
Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up of the floor with your quads.

At the same time extend our arms out above you.

Land with your knees slightly bent to absorb the impact.

Repeat



# Bodyweight Walking Lunges

Primary muscle group(s):

**Quadriceps**

Secondary:

**Calves, Glutes & Hip Flexors**

Stand straight with your feet shoulder width apart and place your hands on your hips. This is the start position.

Step forward with either leg in a long stride. Keep your other foot in place behind you.

Bend your knees as you do this so your body is lowered towards the ground. Keep your back straight throughout the movement.

Continue down until your front knee is just above the ground. (Your front leg should be bent 90 degrees at the knee)

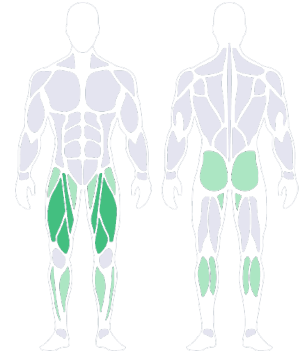
Hold for a count of one.

Push down through your front heel and extend both knees to return to the start position.

Pause then repeat with your other leg. When you have lunged with both legs, that is one repetition.

Repeat.

 Try to keep your hands on your hips at all times, using your obliques to keep your balance.



## Bench Flutter Kicks

Primary muscle group(s):

**Abs**

Secondary:

**Glutes & Hip Flexors**

Lie face down on a flat bench with your hips on the edge of the bench. Fully extend your legs and raise your feet up from the floor so that they are in line with your body .

Place your arms on top of the bench, using them to hold on to the front edge of the bench for stability.

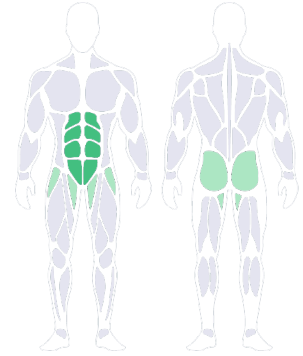
Squeeze your glutes and hamstrings and straighten your legs until they are level with your hips. This is the start position.

Start the exercise by raising you left leg higher than your right leg.

Then lower the left leg as you lift the right leg and so on.

Alternate in this manner until you have done all repetitions for each leg.

 When performing this exercise, breathe normally. As your strength increases, you can add ankle weights.



## Air Squats

Primary muscle group(s):

**Hamstrings, Quadriceps**

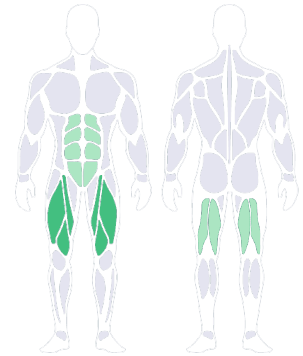
Secondary:

**Abs, Hamstrings**

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



## Explosive Jumping Alternating Lunges

Primary muscle group(s):

**Hamstrings, Quadriceps**

Secondary:

**Abs, Calves, Glutes & Hip Flexors**

Stand straight with a tight core and your chest up.

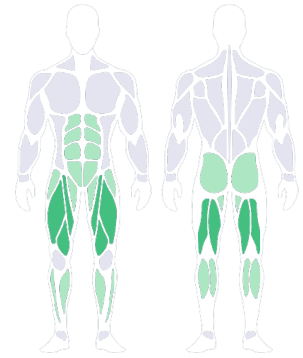
You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.

Your back knee should be slightly bent.

Place your hands on your hips. If you want a challenge, place them straight above the head.

Using all of your force, jump into the air. Simultaneously, switch your leg stance in midair.

Land in the lunge position and repeat.



## Donkey Kicks

Primary muscle group(s):

**Glutes & Hip Flexors**

Secondary:

**Abs**

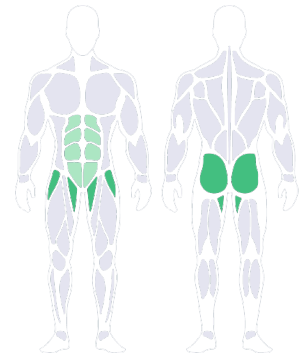
Position yourself on all fours on a mat.

Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.

Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.





## Jump Squats

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

Secondary:

**Abs, Calves, Hamstrings**

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Do not let your knees extend out beyond the level of your toes.

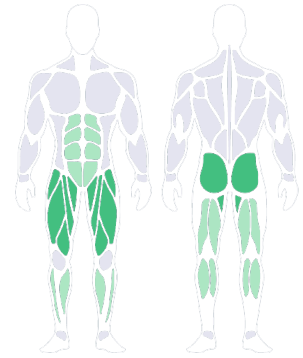
Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up of the floor with your quads.

At the same time extend our arms out above you.

Land with your knees slightly bent to absorb the impact.

Repeat



# Bodyweight Walking Lunges

Primary muscle group(s):

**Quadriceps**

Secondary:

**Calves, Glutes & Hip Flexors**

Stand straight with your feet shoulder width apart and place your hands on your hips. This is the start position.

Step forward with either leg in a long stride. Keep your other foot in place behind you.

Bend your knees as you do this so your body is lowered towards the ground. Keep your back straight throughout the movement.

Continue down until your front knee is just above the ground. (Your front leg should be bent 90 degrees at the knee)

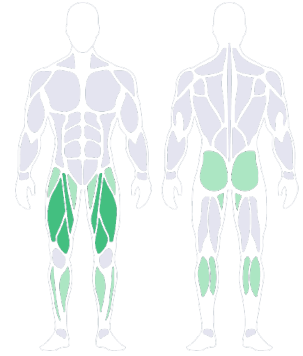
Hold for a count of one.

Push down through your front heel and extend both knees to return to the start position.

Pause then repeat with your other leg. When you have lunged with both legs, that is one repetition.

Repeat.

 Try to keep your hands on your hips at all times, using your obliques to keep your balance.



## Bench Flutter Kicks

Primary muscle group(s):

**Abs**

Secondary:

**Glutes & Hip Flexors**

Lie face down on a flat bench with your hips on the edge of the bench. Fully extend your legs and raise your feet up from the floor so that they are in line with your body .

Place your arms on top of the bench, using them to hold on to the front edge of the bench for stability.

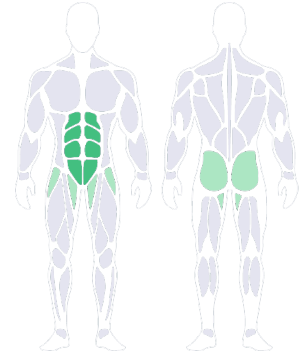
Squeeze your glutes and hamstrings and straighten your legs until they are level with your hips. This is the start position.

Start the exercise by raising you left leg higher than your right leg.

Then lower the left leg as you lift the right leg and so on.

Alternate in this manner until you have done all repetitions for each leg.

 When performing this exercise, breathe normally. As your strength increases, you can add ankle weights.



## Air Squats

Primary muscle group(s):

**Hamstrings, Quadriceps**

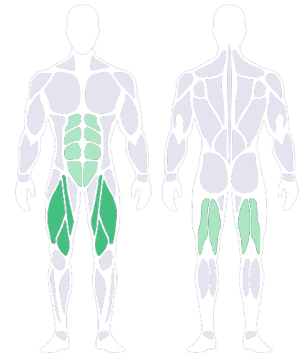
Secondary:

**Abs, Hamstrings**

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



## Explosive Jumping Alternating Lunges

Primary muscle group(s):

**Hamstrings, Quadriceps**

Secondary:

**Abs, Calves, Glutes & Hip Flexors**

Stand straight with a tight core and your chest up.

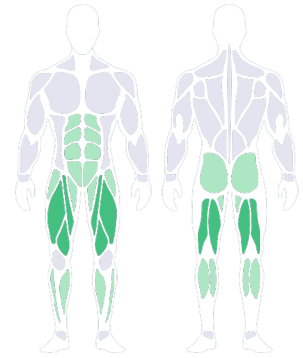
You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.

Your back knee should be slightly bent.

Place your hands on your hips. If you want a challenge, place them straight above the head.

Using all of your force, jump into the air. Simultaneously, switch your leg stance in midair.

Land in the lunge position and repeat.



## Donkey Kicks

Primary muscle group(s):

**Glutes & Hip Flexors**

Secondary:

**Abs**

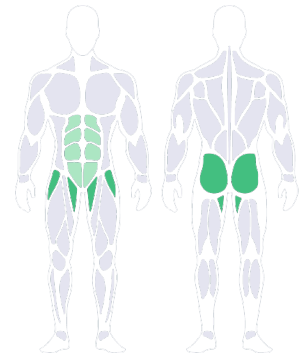
Position yourself on all fours on a mat.

Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.

Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.



## Jump Squats

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

Secondary:

**Abs, Calves, Hamstrings**

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Do not let your knees extend out beyond the level of your toes.

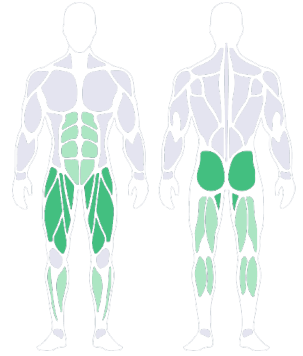
Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up of the floor with your quads.

At the same time extend our arms out above you.

Land with your knees slightly bent to absorb the impact.

Repeat



# Bodyweight Walking Lunges

Primary muscle group(s):

**Quadriceps**

Secondary:

**Calves, Glutes & Hip Flexors**

Stand straight with your feet shoulder width apart and place your hands on your hips. This is the start position.

Step forward with either leg in a long stride. Keep your other foot in place behind you.

Bend your knees as you do this so your body is lowered towards the ground. Keep your back straight throughout the movement.

Continue down until your front knee is just above the ground. (Your front leg should be bent 90 degrees at the knee)

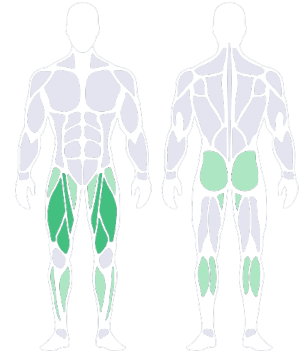
Hold for a count of one.

Push down through your front heel and extend both knees to return to the start position.

Pause then repeat with your other leg. When you have lunged with both legs, that is one repetition.

Repeat.

 Try to keep your hands on your hips at all times, using your obliques to keep your balance.



## Bench Flutter Kicks

Primary muscle group(s):

**Abs**

Secondary:

**Glutes & Hip Flexors**

Lie face down on a flat bench with your hips on the edge of the bench. Fully extend your legs and raise your feet up from the floor so that they are in line with your body .

Place your arms on top of the bench, using them to hold on to the front edge of the bench for stability.

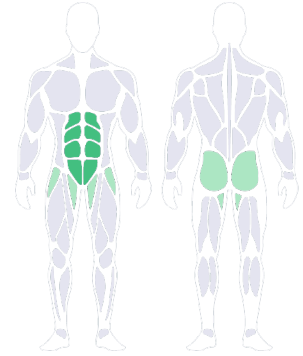
Squeeze your glutes and hamstrings and straighten your legs until they are level with your hips. This is the start position.

Start the exercise by raising you left leg higher than your right leg.

Then lower the left leg as you lift the right leg and so on.

Alternate in this manner until you have done all repetitions for each leg.

 When performing this exercise, breathe normally. As your strength increases, you can add ankle weights.



## Air Squats

Primary muscle group(s):

**Hamstrings, Quadriceps**

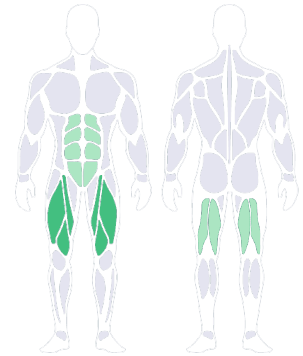
Secondary:

**Abs, Hamstrings**

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



## Explosive Jumping Alternating Lunges

Primary muscle group(s):

**Hamstrings, Quadriceps**

Secondary:

**Abs, Calves, Glutes & Hip Flexors**

Stand straight with a tight core and your chest up.

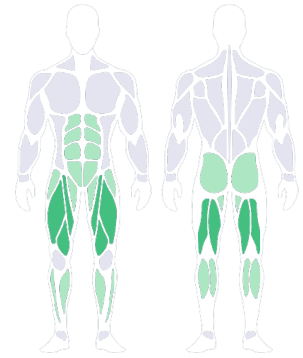
You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.

Your back knee should be slightly bent.

Place your hands on your hips. If you want a challenge, place them straight above the head.

Using all of your force, jump into the air. Simultaneously, switch your leg stance in midair.

Land in the lunge position and repeat.



## Donkey Kicks

Primary muscle group(s):

**Glutes & Hip Flexors**

Secondary:

**Abs**

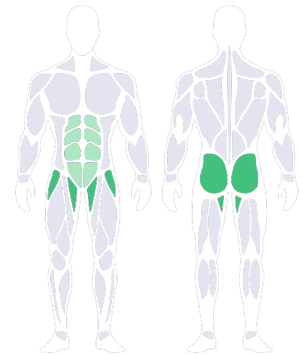
Position yourself on all fours on a mat.

Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.

Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.





## Jump Squats

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

Secondary:

**Abs, Calves, Hamstrings**

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Do not let your knees extend out beyond the level of your toes.

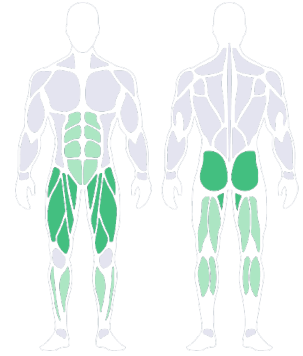
Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up of the floor with your quads.

At the same time extend our arms out above you.

Land with your knees slightly bent to absorb the impact.

Repeat



# Bodyweight Walking Lunges

Primary muscle group(s):

**Quadriceps**

Secondary:

**Calves, Glutes & Hip Flexors**

Stand straight with your feet shoulder width apart and place your hands on your hips. This is the start position.

Step forward with either leg in a long stride. Keep your other foot in place behind you.

Bend your knees as you do this so your body is lowered towards the ground. Keep your back straight throughout the movement.

Continue down until your front knee is just above the ground. (Your front leg should be bent 90 degrees at the knee)

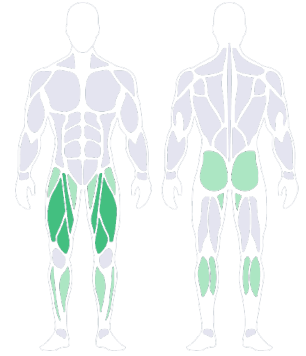
Hold for a count of one.

Push down through your front heel and extend both knees to return to the start position.

Pause then repeat with your other leg. When you have lunged with both legs, that is one repetition.

Repeat.

**i** Try to keep your hands on your hips at all times, using your obliques to keep your balance.



## Bench Flutter Kicks

Primary muscle group(s):

**Abs**

Secondary:

**Glutes & Hip Flexors**

Lie face down on a flat bench with your hips on the edge of the bench. Fully extend your legs and raise your feet up from the floor so that they are in line with your body .


Place your arms on top of the bench, using them to hold on to the front edge of the bench for stability.

Squeeze your glutes and hamstrings and straighten your legs until they are level with your hips. This is the start position.

Start the exercise by raising you left leg higher than your right leg.

Then lower the left leg as you lift the right leg and so on.

Alternate in this manner until you have done all repetitions for each leg.

 When performing this exercise, breathe normally. As your strength increases, you can add ankle weights.

