



THE**X**BANDS.COM

10  
EXERCISES  
INSIDE

# BOOTY BUILDING PROGRAM

BY THE X BANDS

DESIGNED FOR THE MOST EFFECTIVE BOOTY BANDS



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**THE HIGHEST QUALITY  
RESISTANCE BANDS  
AND ACCESSORIES**

# THANK YOU FOR CHOOSING THE X BANDS

THIS GUIDE IS DESIGNED TO TARGET ALL 3 AREAS OF THE BOOTY (MEDIUS, MAXIMUS, MINIMUS).  
USE WHICHEVER BAND IS CHALLENGING FOR YOU.



If you have any questions or need assistance please email us at: [thexbands@gmail.com](mailto:thexbands@gmail.com) and we'll be more than happy to help you out.



For more awesome exercises follow our Instagram [@thexbands](https://www.instagram.com/thexbands) and make sure to tag us in your progress pictures and workout videos, we love seeing them!



And please don't forget to leave us a [review on Amazon](#). Your feedback is extremely valuable and important!

Enjoy your bands and have fun!  
Your The X Bands Team



## TRACKING YOUR PROGRESS

- Don't trust the scale rely more on size and pictures.
- Take measurements weekly.
- Take progress pictures weekly. (Be sure to stand the same way and wear the same type of clothing).
- Take note how much easier the exercises become over time and how many more reps you can do.

## NUTRITION TIPS: FEEDING THE BOOTY

- Eat often about every 3 hours your body needs constant nutrition to stay in an anabolic state of rebuilding and growing.
- Eat small meals around 4-6 oz of protein, hand full of vegetables, vary your carbs as per your weight loss or gain goals.
- Meal prep is the easiest and most affordable way to stay on track. Around every 2-4 days cook enough food to last you until the next time you cook. Pre-pack meals in tupperware containers and bring them with you to work or anywhere you go (**Fitmark** or **6 Pack** make great cooler bags).
- Limit sugars and sodium (salt).

**Lean proteins:** chicken, turkey, fish, shrimp, nuts, eggs, soy, lean beef, beans.

**Carbs:** white or brown rice, sweet potatoes, oatmeal, whole grain pastas, fruit.

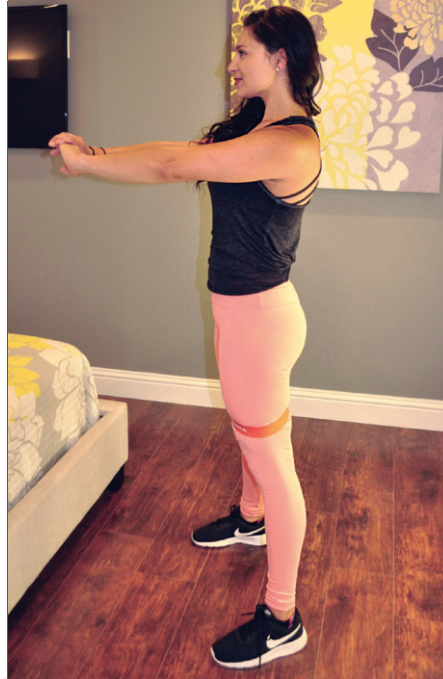


## 1

# SQUATS

Begin with band above the knee and feet hip width apart . Next squat down keeping the weight on your heels and knees apart, as you come up squeeze your glutes at the top.

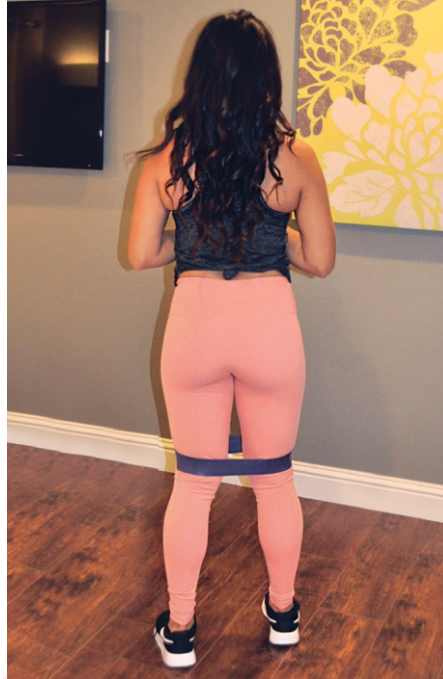
Repeat for 15-20 reps.



## KICKBACKS

Begin with a thicker band above your knees or a smaller one around your ankles. Keep your abs tight as you lean forward to lift your leg up, once you have lifted your leg as high as you can squeeze your glutes for 1 sec and return to starting position.

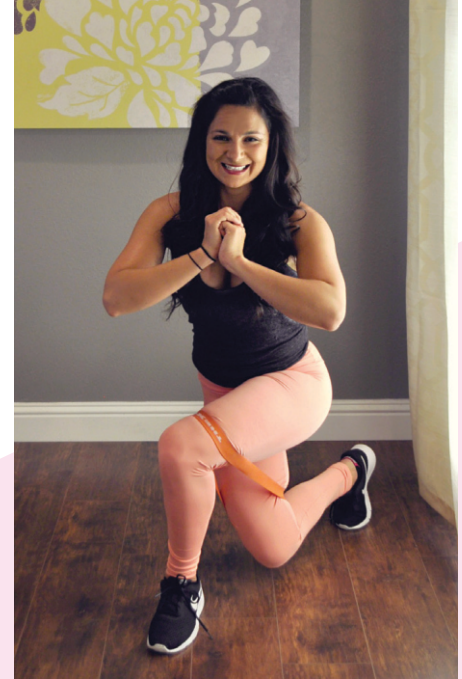
Repeat 20 reps per leg.



## CROSSBACK LUNGES

Begin with booty band above the knee and in a squatting position. Move one leg back and cross it behind your other leg and lunge down. Then return to starting position.

Repeat 20 reps per leg.



## SIDE LUNGE

Begin with band above your knee and step out to one side and squat down and shift your weight to the leg you stepped out on will keeping the opposite leg straight. Keep your toes forward chest lifted and weight in your glutes and heels.

Repeat for 20 reps per leg.





## 5

# LAYING GLUTE BRIDGE

Begin laying down on your back with band above the knees. Keeping your feet about 12 inches from your butt. Lift your hips up while keeping the weight on your heels and squeezing your glutes at the top.

Repeat for 20 reps.



## 6

# INCLINE GLUTE BRIDGE

Begin with your shoulders on a bed and band above your knees. Keeping your feet flat, and knees at least hip width apart push upright until your body is straight. Hold and squeeze your glutes at the top for 1-3 seconds.

Repeat for 20 reps.



## FROG PUMPS

Begin laying on the floor and putting the soles of your feet together. With your feet about 1-2 feet from your butt and band above the knee. Keeping your soles together push up and out with your knees.

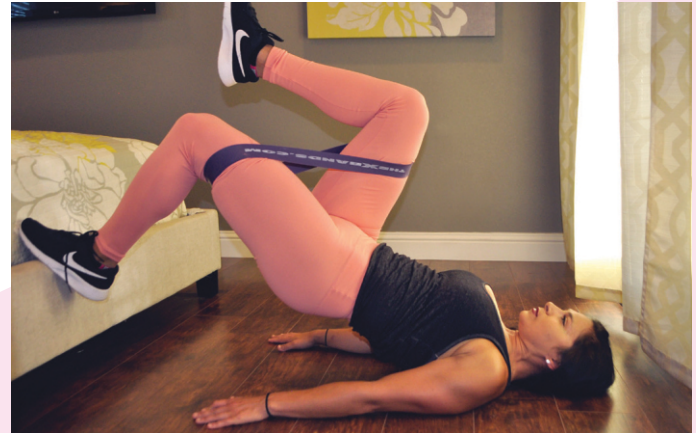
Repeat for 15- 20 reps.



## DECLINE GLUTE BRIDGE WITH KNEE THRUST

Begin with your feet elevated, and keeping your body straight arms to your side and with band above the knee. Next lift one leg up and thrust knee towards chest.

Repeat 20 times per leg.





# PLANK LEG LIFTS

Begin with band above your knee and in the pushup position. Next keeping your body and leg straight extend one leg upward hold and squeeze your glutes then repeat with the other leg.

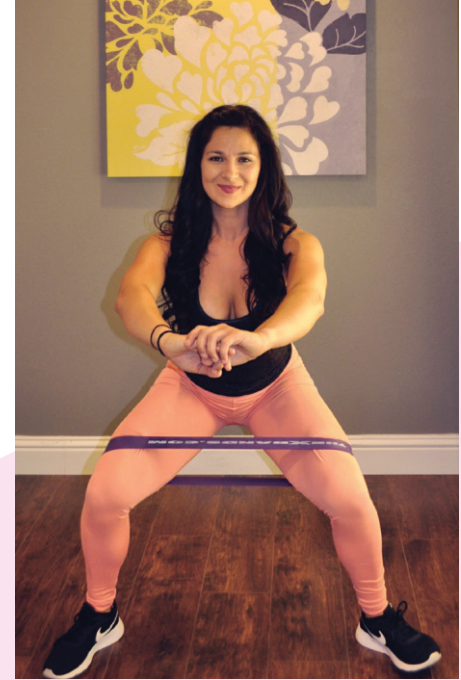
Repeat 20 reps per leg.



# SUMO SQUAT

Begin with band above your knees and feet double shoulder with apart. Keeping your toes pointed outward squat down keeping your back straight and knees aligned with your toes. Hold at the bottom for 2 sec and squeeze glutes when you raise back up.

Repeat for 15-20 reps.





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