

YOUR  
EXCLUSIVE  
SNEAK  
PREVIEW

# HOME GROWN BOOTY

YOUR 8 WEEK GUIDE TO  
BOOTYLICIOUS GAINS!



DANNIBELLE

**The complete  
HOMEGROWN BOOTY  
92 page course explores  
a full range of topics and  
key factors in sculpting the  
ultimate booty.**

**TOPICS INCLUDE:**

- EDUCATION
- RESISTANCE TRAINING
- EXERCISE FORM
- NUTRITION
- GLUTE ACTIVATION
- DAILY EXERCISES
- STRETCHING AND COOL DOWN ROUTINES

# THE DB BOOTY BURNER BAND

The only equipment you will require to complete this 8-week booty program is the *DB Booty Burner Band*. This band will be used in effective glute activation and strengthening exercises to target the three major glute muscles: the gluteus maximus, medius, and minimus. Contrary to popular belief, it takes more than just squats to effectively grow your gluteal muscles.

The process of glute growth becomes particularly difficult when people fail to activate their glutes properly prior to exercising. Fear not, you have come to the right place. From glute activation to muscle development and strengthening - this guide will provide you with the foundation upon which all booty gains will thrive and prosper. Before we jump into the workouts, let's first discuss the gluteal muscles and the importance of a strong posterior chain (backside).





# PROGRAM STRUCTURE



# PROGRAM STRUCTURE

The intensity of this program progressively increases over the 8 week period. Phase 1 and 2 includes 3 workouts per week, this frequency increases to 4 workouts per week in Phase 3 and 4. The optimal structure for this program is to allow rest days in between your workouts to assist with muscle recovery. For example, if you completed the workouts on a Wednesday and Friday, you would allow Tuesday, Thursday to be rest days. There are 4 phases within this program. Each phase is 2 weeks, meaning the same workout will be performed twice over the course of the 2-week period. Each set within a workout is designed to be run through entirely once (6 exercises for the designated amount of repetitions), then repeated 3 times. Allow 30-90 seconds rest at the end of each set.



## RESISTANCE TRAINING

Resistance training increases muscular strength by making your muscles work against a weight or force. In this program, the primary resistance will be the *DB Booty Burner Band* and your own body weight. You can change the intensity of your band resistance by simply altering the band placement.

## BAND PLACEMENT

**Just above knee:** Increased resistance (more challenging)

**Further up thigh:** Decreased resistance (less challenging)

“I CAN RELATE TO PIRATES BECAUSE I TOO AM AFTER THE BOOTY”

PHASE 1

---

# BOOTY GUIDE PROGRAM WEEKS 1 - 2



SHARE YOUR RESULTS! TAG US ON SOCIAL MEDIA

TAG ME! @DANNIBELLE | #DBOOTY | #SQUADDB

# DAY 1      3 SETS



SQUATS (WITH BAND)

X 15



FROG PUMPS (WITH BAND)

X 15



LYING SIDE LEG RAISE & HOLD (WITH BAND)

X 15 (EACH LEG)



# DAY 1      3 SETS

DONKEY KICKS (WITH BAND)

X 15 (EACH LEG)



FIRE HYDRANTS (WITH BAND)

X 15 (EACH LEG)



INNER THIGH LEG LIFTS

X 15 (EACH LEG)







# GET YOUR FULL COPY OF HOMEGROWN BOOTY

92 PAGES OF

EDUCATION • NUTRITION • STRETCHING • EXERCISES • GLUTE ACTIVATION

available exclusively at: [dannibelle.fit](https://dannibelle.fit)