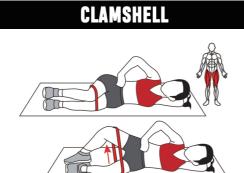
## CORE

## Workout Poster of Booty Band

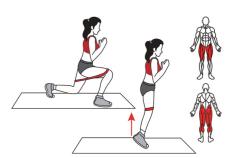


POWER SQUAT





**LUNGE JUMPS** 



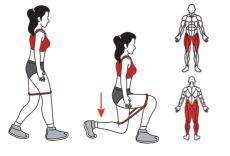
**SUMO SQUAT** 

LUNGE

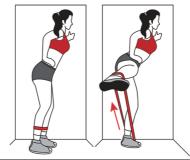
FIRE HYDRANT

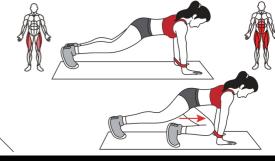
**SLDE LEG RALSES** 

**MOUNTAIN CLIMBERS** 







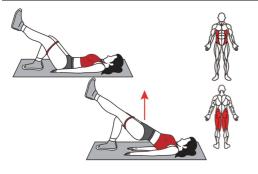


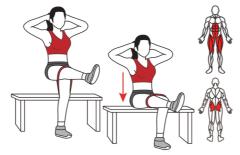
SINGLE LEG GLUTE BRIDGE

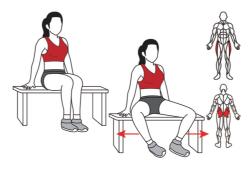
SINGLE LEG BOX SQUAT

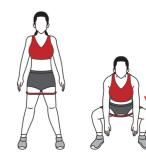
**SEATED CLAM** 

HIP HINGE







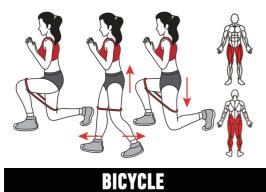


**SWITCH JACK** 

**BEAR CRAWL** 

**DONKEY KICK** 

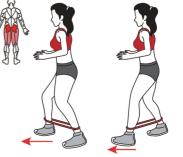
**MONSTER WALK** 



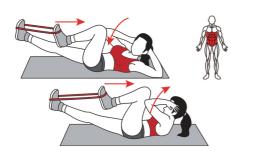


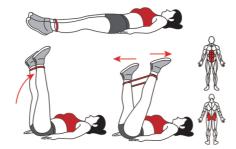


LYING HIP ABDUCTION









**LEG RAISE** 

