



BOOTY BUILDER



Welcome to the **Wild Purpose Build & Burn Guide!**

This guide contains 4 intense weeks that will get you started on the journey for your dream body! The guide is structured with 3 lower body workouts per week, no requirement needed. But we recommend that you use our Wild Purpose Resistance Bands for higher intensity. The guide is perfect to use at the gym, at home or on a vacation.

Please remember that every guide is just what it says, a guide and should, therefore, be taken with a pinch of salt. Whilst it's ideal to follow the guide as stated, it might not be ideal for everyone. If you feel like you can't perform exercises or that you can't work out as many times as the guide states. Then make changes and have an extra rest day.

The Build & Burn Guide

This guide is built to help you get in shape and build lower body, but also just to help you have a program to follow. The biggest issue people have and why they usually end up not working out is because they don't know what to do at the gym. With this guide, we took away all of those issues to make sure you can perform at your best at every single workout.

Wild Purpose Product Recommendation For The Guide

Wild Purpose - Light Resistance Bands
Wild Purpose - Medium Resistance Band
Wild Purpose - Heavy Resistance Band

Benefits Of Using Resistance Bands

No matter if you are a beginner or an expert at working out, resistance bands can really be a game changer. (1)

They can be used for increasing the intensity at your workouts and give you a new challenge that can absolutely chock your body! If you're a beginner, resistance can be an amazing tool to build up strength before putting on heavier weights. And if you're in the need for any rehab, resistance bands work very well with giving your muscles a real challenge without applying pressure in the way weights do (2).

Resistance bands are also very cost effective if you compare it to a gym membership that cost about \$58 per month (3). While one Resistance Band doesn't cost more than \$20 at WildPurpose.com, and also comes with this guide!

A Resistance Band is also something you can bring with you wherever you go. They fit in any bag and are extremely portable. They have also proven to be a great way to boost stamina, and range of motion! (4)

1. <https://fitness.mercola.com/sites/fitness/archive/2013/09/06/resistance-bands-benefits.aspx>
2. <https://www.darkironfitness.com/benefits-of-using-resistance-bands/>
3. <https://www.prosperlyway.com/content/gym-membership-worth-the-cost>
4. <https://fitness.mercola.com/sites/fitness/archive/2013/09/06/resistance-bands-benefits.aspx>

Who am I?

Wild Purpose Build & Burn Guide!

Tilda Bexell

Hi Babes!

My name is Tilda Bexell! I'm 21 years old and I've been working out at the gym since I was 16 years old. A lot of knowledge has really taken me further every year with my training. Every year it feels like I'm starting over at zero since you learn so much about training mainly about your body every single day. It's just like when you look back at the time you were young and think, "if I only knew then what I know now."

Even though I've been working out at the gym for 5 years now, I feel like my biggest transformation has been the latest year. Even though that can feel a bit disturbing, like where could I have been today if I did this the whole time I was working out...

But, I wouldn't be anywhere if I never started.

But for you, I would like to make a shortcut. Even though nothing but experience can make you learn about what works for your body. Making the time to workout and know what to do is what actually takes you to the gym and learning about your body.

The Build & Burn Guide is also based on how I workout when I only have my bands available and I KNOW it will be a real challenge for you. Nothing but the best for you. I would like to point out though that I haven't only used Resistance Bands to build muscles. I have also worked a lot with progressive overload, which is increasing weights every week at the gym to challenge my muscles and force them to grow! If this is a combination you would like to try with the bands, go ahead and do it!

I made the Guide to help you get the structure that I definitely needed and still need when I workout! Having a program to follow is like the foundation to any motivation factor to workout. That's why I still use Guides like this one to always keep improving.

social channels:

Instagram: Follow now!

Youtube: Subscribe now!



16 years old

21 years old

General Guidelines

Wild Purpose

Build & Burn Guide!

The Layout

The Build & Burn guide's layout is 3 training sessions a week. This is the program schedule we recommend for this Guide:

Monday: Workout - Day 1
Tuesday: Restday
Wednesday: Workout - Day 2
Thursday: Restday
Friday: Workout - Day 3
Saturday: Rest day
Sunday: Rest day

This is a general recommendation. Since the same muscle group should get at least 48 of rest between workout we have set a rest day after every workout. You can adapt this to your schedule and everyday life. If you want to add other muscle group workouts on the other days of the week this is of course optional. We wouldn't recommend working out more than 6 times a week without professional help with training and diet. .

How Should You Plan Your Diet Together With The Guide?

A diet together with a good Training Program is ideal for succeeding with your training! In this Guide, we don't offer diet plans as of now. Therefore I would like to share some general tips on what do eat if you like to stay in shape.

Remember, if you have any history of an eating disorder or are in the need of professional help with your diet. It's important that you take help and make sure you get a customized diet plan just for you before you start working out. If the help you reach out for recommending other ways of working out than this Guide to start with. Please follow that and you can come back to the Guide whenever you are ready!

General Guidelines For Your Diet:

The absolute first tip that I personally have is to make sure you eat enough protein. I always eat at least 2g of protein per kilogram to gain muscles. But the minimum of protein per day is 0.8g per kilogram to give your body the minimum of what it needs! (1)

Good sources of protein are meat, fish, soy protein (like soy forcemeat or any other food with soy protein in is very good) and pea protein.

These are food choices that contain a lot of protein and in some cases mainly only protein. I know many recommend beans, which isn't bad, but beans usually contains more carbs than protein. So I personally want to recommend food with lots of protein in because that's what I search for the most. You can eat beans as well of course.

A general recommendation is to always check in the back of every product you buy to see what it contains. Not only can it contain very weird ingredients, but more than often products contain a lot of fats and usually not very good fats.

General Guidelines

Wild Purpose Build & Burn Guide!

General Guidelines For Your Diet:

Good fats that I recommend to get your fat source from is:
avocado, nuts, eggs, fish (like salmon), extra virgin olive oil and more (2).

And lastly, good sources of carbohydrate are:
Potatoes and sweet potatoes, oats, rice, quinoa, vegetables, and fruits (3).

1. <https://www.healthline.com/nutrition/how-much-protein-per-day>
2. <https://www.healthline.com/nutrition/10-super-healthy-high-fat-foods#section8>
3. <https://www.healthline.com/nutrition/good-carbs-bad-carbs#section6>

weeks 1-4

DAY 1

lower body



1. Squats

4 sets x 10-12 reps

Recommended band:
Heavy

Place your bands just above your knees. Put your arms in front of your body and place your feet in the same direction your knees will go. Then start bending your knees into a squat



2. Glute Bridges

4 sets x 10-12 reps

Recommended band:
Heavy

Lay down on your back and place your band just over your knees. Place your feet a bit wider than your shoulders width. Push your glutes up and make sure you get the full hip extension.

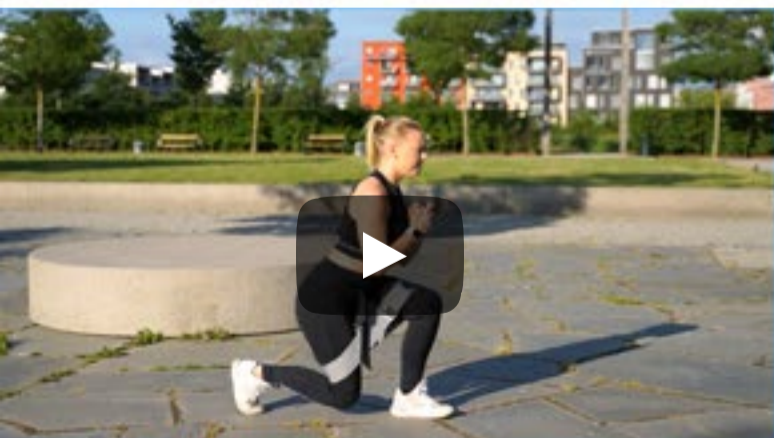


3. Hip Thrusts

3 sets x 8-10 reps

Recommended band:
Heavy

Place your bands just above your knees. Rest back against a chair or another stable surface. Feet shoulder width apart, keep your eyes looking forward and drive up with your hips.



4. Lunges

3 sets x 8-10 reps
on each leg.

Recommended band:
Medium

Place your bands just above your knees. Place one leg forward and put your weight on that leg. Start bending your leg that's in front of you and just before you reach the floor, go up. Try to get the full hip extension.



5. Abduction

3 sets x 8-10 reps

Recommended band:
Medium

Place your bands just above your knees and your feet close together. Start with your knees close together and then push out. Pause a second before you start going slow in again.

weeks 1-4

DAY 2

lower body



1. Donkey Kicks

4 sets x 8-10 reps
on each leg.

Place band just over your knees and place yourself on your knees and on your hands. Push one of your legs straight up and then down again.

Recommended band:
Light



2. Lying Hamstring Curl

3 sets x 8-10 reps
on each leg.

Place the band on your ankles and lay down on your belly. Push one foot towards your glutes and squeeze at the top.

Recommended band:
Light



3. Sitting Leg Extension

3 sets x 8-10 reps
on each leg.

Place the band on your ankles and sit down on your glutes. Push one foot up in the air and then down.

Recommended band:
Light



4. Jump Squats

4 sets x 8-10 reps

Place the band just over your knees start to squat, push from your toes and jump and high as you can. Catch yourself by bending your knees when you get back on the ground.

Recommended band:
Medium



5. Double-Pulse Sumo Squat

3 sets x 10-12 reps

Place the band just over your knees and place your feet a bit wider than a normal squat. Squat down and go halfway up, then down again and then a full rep.

Recommended band:
Medium

weeks 1-4

DAY 3

lower body



1. Glute Bridges

4 sets x 10-12 reps

Recommended band:
Heavy

Lay down on your back and place your band just over your knees. Place your feet a bit wider than your shoulders width. Push your glutes up and make sure you get the full hip extension.



2. Abduction

4 sets x 10-12 reps

Recommended band:
Medium

Place your bands just above your knees and your feet close together. Start with your knees close together and then push out. Paus a second before you start going slow in again.



3. Hip Thrusts

3 sets x 8-10 reps
on each leg.

Recommended band:
Heavy

Place your bands just above your knees. Rest back against a chair or another stable surface. Feet shoulder width apart, keep your eyes looking forward and drive up with your hips.



4. Clam Shell

3 sets x 8-10 reps
on each leg.

Recommended band:
Light

Place the band just over your knees and lay down on one side. Push one leg up as hard as you can.



5. Double-Pulse Sumo Squat

3 sets x 10-12 reps

Recommended band:
Medium

Place the band just over your knees and place your feet a bit wider than a normal squat. Squat down and go halfway up, then down again and then a full rep.

You made it!!

Wild Purpose Build & Burn Guide!

You made it!!

You finished the Build & Burn Guide and now nothing can stop you!

If you like to upload a transformation picture, don't forget to tag @wildpurpose or me @tildabexell so we can comment and support you!!

All love
Tilda

social channels Tilda:
Instagram: Follow now!
Youtube: Subscribe now!

social channels Wild Purpose:
Instagram: Follow now!
Youtube: Subscribe now!