

6 Week Butt Builder Program



This Program can be done before or after a workout; same day as one of your other workouts (CrossFit, Running, Yoga, Swimming, etc.) or as a stand alone workout for the day.

Warm Up: (when needed)

3rds

200m jog

10 Squats

20 Atl Lunges

20 Shoulder taps - plank hold

20 Mt Climbers

Week One

Day One

Superset : 4Rds

A1 20 BB Back Squat (feel free to add wt to the bar, 10 - 20#'s)

A2 15 BB Good Mornings (feel free to add wt to the bar, 10 - 20#'s)

A3 10R/10L Box step up (12-20" box, take DB's if able)

Superset: 3rds

B1 Lateral Band walk 20R/20L

B2 Banded Kick Back 20R/20L



Day Two

Superset : 3rds

A1 20 BB Straight leg Deadlift

A2 15R/15L Lateral Lunge (Do all the same leg, then switch)

A3 40 Alt Lunge jumps

Superset : 3rds

B1 Body Weight Hips lifts - 15 Dual, 10R/10L

B2 10R/10L Single leg plate jump (*you pick the height)

Day Three

Superset : 3rds

A1 15 BB Hip Lift off Bench (add wt to bar, full hip extension at top)

A2 10R/10L 3 Stance Squat w/ BB on Back (no wt added yet)

A3 10 Box Jumps 20"-24"

Superset : 3rds

B1 50m Sprint - walk back

B2 5R/5L 3 Way Lunge - Forward, side, back corner (no wt) (focus on form)

Day One

Week Two



Superset : 4Rds

A1 15 BB Back Squat add wt to the bar

A2 15 BB Good Mornings

(*add wt to the bar, 10 - 20#'s)

A3 10R/10L Box step up with DB's

(Complete all R then switch legs) (12-20" box)

Superset: 3rds

B1 Lateral Band walk 20R/20L

B2 Banded Kick Back 20R/20L

Day Two

Superset : 3rds

A1 20 BB Straight leg Deadlift *add wt

A2 15R/15L Lateral Lunge *take wt (DB's or KB)

(Do all the same leg, then switch)

A3 40 Alt Lunge jumps

Superset : 3rds

B1 Body Weight Hips lifts - 15 Dual, 10R/10L

**Add band above knees

B2 10R/10L Single leg plate jump

Day Three

Superset : 3rds

A1 12 BB Hip Lift off Bench (add wt to bar, full hip extension at top)

A2 8R/8L 3 Stance Squat w/ BB on Back

(**no wt added yet)

A3 15 Box Jumps 20"-24"

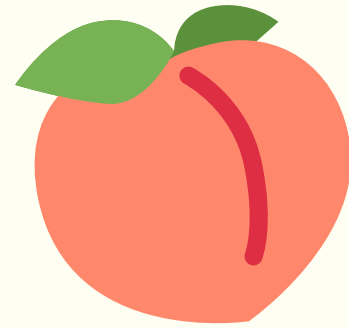
Superset : 3rds

B1 50m Sprint - walk back

B2 5R/5L 3 Way Lunge - Forward, side, back corner (no wt) (focus on form)

Day One

Week Three



Superset : 4Rds

A1 12 Back Squat (*increase load from last week)

A2 10 BB Good Mornings

(*add wt to the bar, 10 - 20#'s)

A3 8R/8L Box step up with

(*increase DB's if able)

(Complete all R then switch legs) (12-20" box)

Superset: 3rds

B1 Lateral Lunge Band walk 20R/20L

B2 Banded Kick Back 20R/20L

Day Two

A1 20 BB Straight leg Deadlift

*increase load from last week

A2 12R/12L Lateral Lunge

(**Try a BB) (Do all the same leg, then switch)

A3 50 Alt Lunge jumps

Superset : 3rds

B1 Body Weight Hips lifts - 15 Dual, 10R/10L

**Add band above knees

B2 10R/10L Single leg box jump

*use plates if need to

Day Three

Superset : 3rds

A1 12 BB Hip Lift off Bench

(add wt to bar, full hip extension at top)

A2 8R/8L 3 Stance Squat w/ BB on Back

(**no wt added yet)

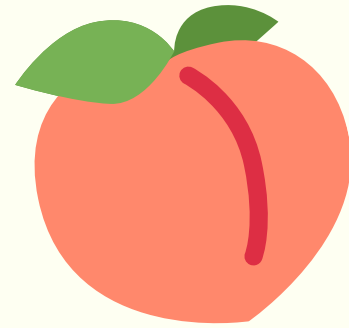
A3 15 Box Jumps 20"-24"

Superset : 3rds

B1 100m Sprint - Lunge back

Day One

Week Four



Superset : 4Rds

A1 10 Back Squat reps are decreasing

(*increase load from last week)

A2 10 BB Good Mornings

(*add wt to the bar, 10 - 20#'s)

A3 6R/6L Box step

(*increase DB's if able)

(Complete all R then switch legs) (20" box)

Superset : 3rds

B 10 broad jumps + lunge back to start

Day Two

Superset : 3rds

A1 15 BB Straight leg Deadlift

*increase load from last week

A2 10R/10L Lateral Lunge

(**Try a BB) (Do all the same leg, then switch)

A3 60 Alt Lunge jumps

Superset : 3rds

B1 Body Weight Hips lifts - 15 Dual, 10R/10L

B2 8R/8L Single leg plate jump

Day Three

Superset : 3rds

A1 12 BB Hip Lift off Bench

(add wt to bar, full hip extension at top)

A2 8R/8L 3 Stance Squat w/ BB on Back

(**no wt added yet)

A3 15 Box Jumps 20"-24"

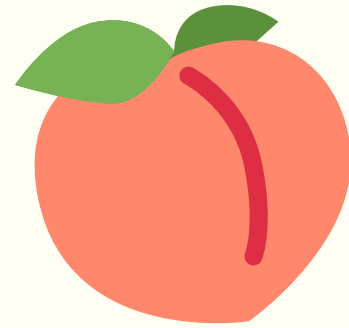
Superset : 3rds

B 400m sprint, 300m sprint, 200m Sprint, 100m

Sprint - - R2M b/w sets

Day One

Week Five



Superset : 4Rds

A1 12 Alt BB box step up - add wt to BB if able
(6R/6L)

A2 8 BB Good Mornings
(increase wt - reps are down)

A3 12 Alt BB Lunges - BB on back

Superset : 3rds

B1 Lateral Band walk 20R/20L

B2 Banded Kick Back 20R/20L

Day Two

Superset : 3rds

A1 10 BB Straight leg Deadlift

*increase load from last week

A2 8R/8L Lateral Lunge (W/ BB)
(Do all the same leg, then switch)

A3 80 Alt Lunge jumps

Superset : 2rds

B1 Body Weight Hips lifts - 20 Dual, 15R/15L

B2 8R/8L Single leg plate jump

Day Three

Superset : 3rds

A1 10 BB Hip Lift off Bench

(add wt to bar, full hip extension at top)

A2 10 Weighted BB back Squats

A3 15 Tuck Jumps

Superset : 3rds

B1 100m Sprint - walk back

B2 5R/5L 3 Way DB Lunge - Forward, side, back
corner

Week Six

Day One

Superset : 4Rds

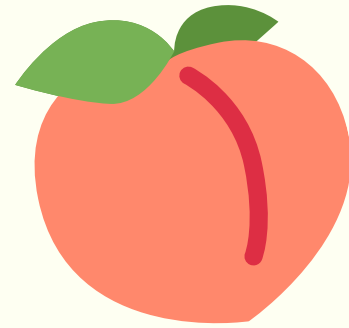
A1 10 Alt BB box step up -

**add wt to BB if able (5R/5L)

A2 8 BB Good Mornings

(increase wt - reps are down)

A3 12 Alt BB Lunges - BB on back *add wt



Superset: 3rds

B1 Lateral Band walk 20R/20L

B2 Banded Kick Back 20R/20L

Day Two

Superset : 3rds

A1 20 BB Straight leg Deadlift

*reps are up - check wt!

A2 6R/6L Lateral Lunge (W/ BB)

(Do all the same leg, then switch)

A3 ONE SET of 100 Alt Lunge jumps

Superset : 3rds

B1 Body Weight Hips lifts - 20 Dual,
10R/10L Single leg

B2 10 Single leg Broad Jump down then switch
legs back

Day Three

Superset : 3rds

A1 12 BB Hip Lift off Bench

(add wt to bar, full hip extension at top)

A2 20 Weighted BB back Squats

(reps are high - manage wt)

A3 15 Tuck Jumps

Superset : 3rds

B1 200m Sprint - walk back