

# FIT CHICKS®

## *10 minute Booty Builder* **WORKOUT**

**Do one minute of each exercise and repeat**

**1 minute sumo squats**

**1 minute alternating curtsy lunges**

**1 minute romanian deadlift**

**1 minute frog pumps**

**1 minute alternating single leg glute bridge**

*Repeat!*

*Choose your intensity!*

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**Level 1 - body weight only**

**Level 2 - Use 8-10 pound dumbbells**

**Level 3 - Use 15+ pound dumbbells**

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