

# FIT CHICKS®

## "7 minute Booty"

### WORKOUT

**This workout is just 7 moves for 7 minutes (or you can repeat if you feel energetic!) It's a booty burner and you can do without equipment!**

**1 minute sumo squats**

**1 single leg deadlift right leg**

**1 minute single leg deadlift left leg**

**1 minute hip thrusters**

**1 minute single leg glute bridge left**

**1 minute single leg glute bridge right**

**1 minute plank**

*Choose your intensity!*

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**Level 1 - no weights, plank on knees**

**Level 2 - use 8-10 pound weights**

**Level 3 - use 10-15 pound weights**

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