



Free Holiday Gift

FROM ME
TO YOU!

BUTT CRACKER WORKOUT





Free Holiday Gift

COMPLETE THE FOLLOWING WORKOUT 2- 3 TIMES TO GIVE YOUR BUTT THE JINGLE YOU ARE LOOKING FOR THIS CHRISTMAS!

- **5 minutes SANTA Step Ups** (on a chair, bench, step stool, or even your coffee table); Alternate legs each step, making sure to keep your entire foot on the flat surface as you step up. Keep back and core tight.
- **25 BUTT Squats (aka narrow squats)**; Keep feet and knees together and lower your butt down into a squat position, keeping your weight on your heels and squeezing your glutes. Make sure you keep your back straight and shoulders back.
- **25 SUMO Squats**; In a wide stance with your feet turned out like a dancer, lower down as low as possible keeping your back straight and your core tight. Try to get your butt lower than your knees on your as you down. Make sure you SQUEEZE as you come up through the glutes and hamstrings.
- **25 “Kwanza” Kick Backs (each leg)**, (Also known as kickbacks); Standing with both feet together holding on to the back of a chair for support, bring right knee into chest, then extend the entire leg straight back lifting up with the butt and keeping the foot flexed. The standing leg has a soft bent knee, and the back and core stay tight and straight as the leg kicks back. Keep hips centered the entire movement. Repeat 25 on the right side then complete 25 on the left side.
- **25 “Kwanza” Kick Pulses (each leg)**; On the floor on all fours, extend one leg out straight back and flex the foot. Slightly pulse the leg up and back to level with your back and core. Repeat 25 pulses and then switch sides.
- **25 “Mistletoe Touches”** (aka stiff leg deadlifts); Holding a dumbbell in each hand standing with feet hip-width apart, slowly bend forward keeping your back completely STRAIGHT, both legs straight, shifting hips and butt back as you are lowering down to a 90-degree angle. Let arms dangle with weights. Once you feel a deep stretch and pull through the back of your legs and hamstring, slowly come back up to the standing position. Repeat 25 reps.