



# Workout Routine Sample

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## Workout Routine - Dumbbells - Hard Buttocks

Printed on Apr 28 2011

### Workout Routine Snapshot

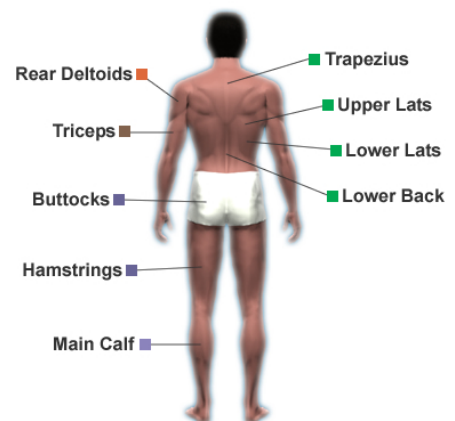
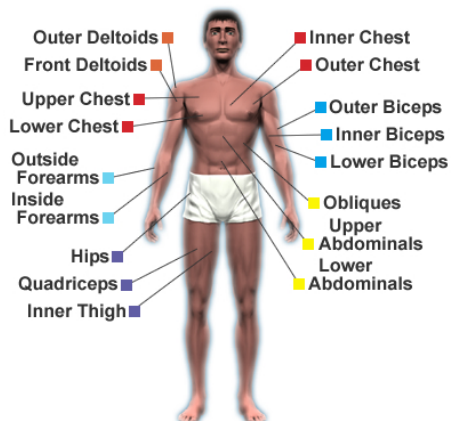
1 Workout Days

0 Cardio Exercises





4 Strength Training →

0 Stretching Exercises

4 ■ Thighs





	<p>■ <b>Thighs   Squat (Dumbbells)</b></p> <p><b>Secondary Muscles</b> Buttocks, Quadriceps</p> <p><b>Starting Position</b> Crouch down and hold one dumbbell with both hands between your knees.</p> <p><b>Motion</b> Push up with your legs and buttocks to stand up and slowly bring yourself back down after a short pause.</p> <p><b>Tips/Caution</b> Keep your back straight and arms extended throughout.</p>
	<p>■ <b>Thighs   Bridging</b></p> <p><b>Secondary Muscles</b> Hamstrings, Buttocks, Abs</p> <p><b>Starting Position</b> Lie on the floor, knees at 90 degree angles and place your hands flat on the floor, arms extended.</p> <p><b>Motion</b> Raise your buttocks from the floor as high as you comfortably can and lower it back down after a short pause.</p> <p><b>Tips/Caution</b> Your feet and hands should not move throughout.</p>
	<p>■ <b>Thighs   Hip Abduction - Lying on Side</b></p> <p><b>Secondary Muscles</b> Hips</p> <p><b>Starting Position</b> Lie down on the floor on your side, extend one arm against the ground on top of your head and place your other hand on top of your hips.</p> <p><b>Motion</b> Raise your leg straight up as far as you comfortably can and slowly lower it back after a short pause.</p> <p><b>Tips/Caution</b> Keep your leg fully extended throughout.</p>
	<p>■ <b>Thighs   Hip Extension - on Knee</b></p> <p><b>Secondary Muscles</b> Hamstrings, Buttocks</p> <p><b>Starting Position</b> Kneel down on one knee on a bench, hold the sides of it with your hands and lift the other knee slightly off the bench.</p> <p><b>Motion</b> Raise your leg up until your foot is higher than your buttocks (if you can) and lower it back down slowly after a short pause. Alternate legs.</p> <p><b>Tips/Caution</b> Maintain the same small arch in your knee throughout.</p>