

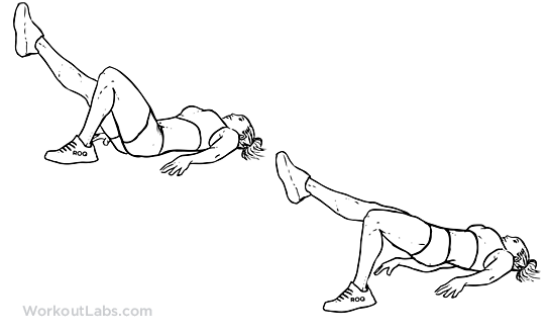


K2Bfit The Butt Workout

Repeat to complete 4 times

Single Leg Bridge

(12 - 15 per leg)



WorkoutLabs.com

Single Leg Squat

(12 - 15 per leg)



Side Leg Raises

(12 - 15 per leg)



Lunge Back Lift Knee

(12 - 15 per leg)

