

BETTER BOOTY 14 DAY CHALLENGE



Sara Haley

It does not matter how quickly you do these exercises. It's more important that you maintain good form (pull navel to your spine and keep your hips square) so you can tone and tighten your BOOTY!

Begin on Day 1 by doing 14 reps of ALL 5 exercises on the right side before repeating all 5 exercises on the left. (Start on the left side first every other day.) Add one rep each day for 14 days, so the last day you will do a total of 27 reps of each exercise.

Exercise 1: BOOTY LIFT



Flex your foot, kick your butt, and squeeze your booty to lift your leg up. Make sure your knee stays facing the floor.

Exercise 2: ATTITUDE LIFT



Similar to the Booty Lift, except turn out from the hip so your leg is in a dancer's attitude position and the foot is pointed.

Exercise 3: FIRE HYDRANT KICK



Lift your knee up as if you are a dog at a fire hydrant. Extend your leg all the way out to the side. Keep your hips square to the floor. Lower to forearms if needed.

Exercise 4: STRAIGHT LEG LIFT



Extend your leg so your toes are touching the floor. Lift the leg to hip level, keeping your toes facing the floor.

Exercise 5: TAIL WAG



Begin with the leg extended out at hip level. Rotate from the hip so your leg is turned out. "Wag your tail" (your leg) to the outsides of each butt cheek.

Check the box each day you get closer to a BETTER BOOTY!

- DAY 1: 14 Reps x All 5 Exercises
- DAY 2: 15 Reps x All 5 Exercises
- DAY 3: 16 Reps x All 5 Exercises
- DAY 4: 17 Reps x All 5 Exercises
- DAY 5: 18 Reps x All 5 Exercises
- DAY 6: 19 Reps x All 5 Exercises
- DAY 7: 20 Reps x All 5 Exercises
- DAY 8: 21 Reps x All 5 Exercises
- DAY 9: 22 Reps x All 5 Exercises
- DAY 10: 23 Reps x All 5 Exercises
- DAY 11: 24 Reps x All 5 Exercises
- DAY 12: 25 Reps x All 5 Exercises
- DAY 13: 26 Reps x All 5 Exercises
- DAY 14: 27 Reps x All 5 Exercises

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