



BUTTS & GUTS CHALLENGE DAY 1

It's Day 1 of the Challenge! I'm so excited to get things moving.

Below you will find the glutes-focused challenge for today, plus a bonus HIIT circuit to get your heart rate up and keep those endorphins flowing like wine.

I highly recommend doing the HIIT after you've done the glute circuit, but you can do it the best way that works for you!

Also, use weights if you have them available, but these moves will also work just fine using just your body weight.

Be sure to check in on Instagram using the hashtag #JillKButtsGuts so I can see how you liked today's workout!

GLUTES

Exercise	Reps
Squat	10
Hip Thrust	10
Single Leg Glute Bridge	10 each leg
Monster Walks with Jump	10 steps, 1 jump
<i>Complete the above circuit 4 times, then:</i>	
4-second squats: narrow stance <i>(4 seconds lowering down, hold for 4 seconds, then come back to standing.)</i>	10
4-second squats: shoulder width stance	10
4-second squats: wide stance	10
<i>Complete 4- second squat circuit 2 times</i>	

HIIT

Exercise	Work time	Rest time
Lateral Plank Walk	40 seconds	20 seconds
Squat Jacks	40 seconds	20 seconds
Pike to Plank	40 seconds	20 seconds
Frog Jumps	40 seconds	20 seconds
<i>Complete 3 times</i>		