



## BUTTS & GUTS CHALLENGE DAY 4

It's Day 4 of the Challenge!

We're back on that core-focused train today.

In order to give your upper body some attention, you'll see some upper body strength moves included in the HIIT circuit today.

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

### GLUTES

Exercise	Reps
<a href="#">Dumbbell Crunch to Press</a>	15
<a href="#">Bottoms Up with Twist and Single Leg Drop</a>	10 each side
<a href="#">Side Plank Forward Kick</a>	10 each leg
<a href="#">Plank - Leg lift to Knee Tuck</a>	10 each leg
<i>Complete the above circuit 4 times, then:</i>	
Burpees	15

### HIIT

Exercise	Work time	Rest time
<a href="#">Plank Jump Out and Up</a>	40 seconds	20 seconds
<a href="#">Bicep Curl</a>	40 seconds	20 seconds
<a href="#">Dumbbell Squat and Press</a>	40 seconds	20 seconds
<a href="#">Lateral Raises</a>	40 seconds	20 seconds
<a href="#">Dumbbell Swings</a>	40 seconds	20 seconds
<i>Complete 3 times</i>		