

BUTT LIKE J-LO WORKOUT ROUTINE

If you would like to tone and sculpt your butt, try this glutes workout routine. This routine will shape your buns like Jennifer Lopez. The cardiovascular exercises will burn fat. The weight lifting will tone and mold your buns. Make sure you warm up for 5-10 minutes before beginning this workout and that you stretch each muscle group properly as directed. Maintain your pace throughout the entire workout with about 40 seconds rest in between sets.

1. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

Notes:

Warm up for 1 minutes walking briskly. After 1 minute, jog until you are to you are fatigued. Walk briskly for 1 minute to recover. After 1 minute, continue jogging. Repeat this sequence until you complete 10 minutes.

Goal:

Your goal is to build endurance. Eventually you will be able to jog most or the entire 20 minutes nonstop. Every workout you should challenge yourself to jog a longer distance. **THE MORE YOU JOG THE MORE CALORIES YOU BURN.**

2. SQUAT-SMITH MACHINE

Reps: 3 sets of 12

Execution: Position body under bar, and place bar on upper back (trapezius). Stand with knees slightly bent and feet approximately shoulder width apart. Keep toes pointed forward or slightly out. Stand in good body alignment (abs tight, chest up, back straight). Grip bar and extend body up while rotating bar to release bar from latch. In a controlled motion, lower body by bending knees and hips, pushing glutes back. Keep a slight arch in the back. Keep knees in line with toes; avoid turning knees in or out. Keeping feet flat on the floor, continue lowering body as far as possible without compromising form (back arched, abs tight, chest up). Stop lowering before pelvis begins to curl under or back rounds out. While maintaining controlled motion, return to starting position (avoid locking out knees). Do not allow muscles to relax before next repetition.



3. SEATED LEG CURL

Reps: 3 sets of 12

Execution: Adjust leg pad to contact lower leg just above the ankle. Adjust seat back to align knees with pivot point on machine. Sit in good body alignment (abs tight, chest up, back straight). Position legs to keep kneecaps on top. Lock top pad comfortably on quadriceps. In a controlled motion, flex the knees by bringing feet down and back as far as possible. Contract hamstring muscles fully without compromising form; avoid any hip movement. While maintaining the controlled motion, return to starting position without setting down weight or relaxing the muscles. Do not allow the knee to hyperextend.



4. DUMBBELL STEP UP ON BOX

Reps: 3 sets of 12

Primary Muscle Group: Plyometrics - Glutes, Quadriceps

Muscle Groups Worked in This Exercise: Glutes and Quadriceps

Preparation: Stand facing the box with the dumbbells on your shoulders. Place right foot on top of box.

Breathing: Breath out as you Step up and breath in as you move back to the starting position.

Execution: Raise body using the right foot only until leg is extended. Lower to start position keeping the foot on top of box. Repeat with other leg according to exercise prescription.



5. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

Notes:

Warm up for 5 minutes walking briskly. After 5 minutes, jog until you are to you are fatigued. Walk briskly for 2 minutes to recover. After 2 minutes, continue jogging. Repeat this sequence until you complete 5 minutes.

Goal:

Your goal is to build endurance. Eventually you will be able to jog most or the entire 20 minutes nonstop. Every workout you should challenge yourself to jog a longer distance. THE MORE YOU JOG THE MORE CALORIES YOU BURN.

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