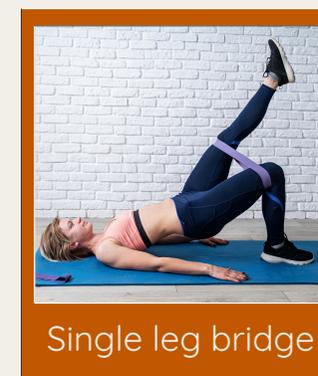
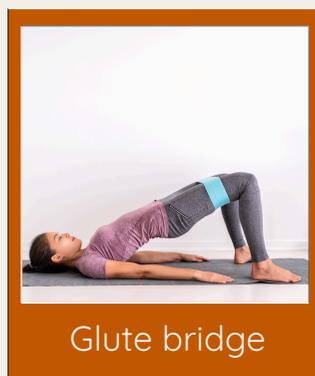
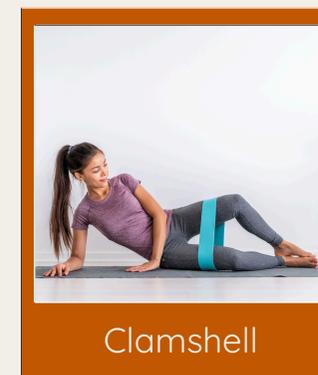
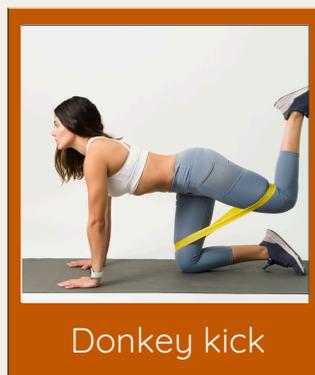
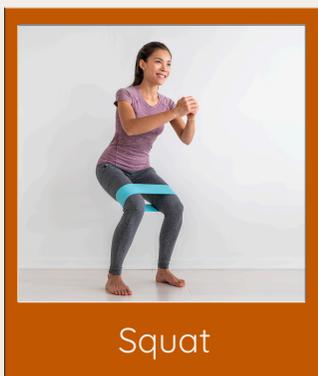


Banded Booty Builder

Repeat each exercise 3 sets of 10-15 reps each side
+ 20 pulses at the end of each set



For more programmes and workouts check-out our [1:1 Coaching options](#)