

Big Butt Workout

If you want a big round butt, try this workout routine. This combination of exercises will build lean muscle that will give you a round, big and sexy butt. Make sure you start this workout with at least 5-10 minutes of cardio.

Note: Be realistic! Everyone is not meant to have a huge rear. This workout will help maximize what you have to it's full potential.

EXERCISE	REPS	SETS	REST (Seconds)
Leg Press (Use the one that you have to load free weights on)	15	3	60
Leg Curls	15	3	60
Step Ups	25	3	30
Dumbbell Squats	15	3	60

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