



Denise Austin's



7-Day Booty Blaster Guide

DeniseAustin.com

7-Day Booty Blaster Guide



Hi Everyone! The best way to lift that rear is something I get asked about a lot - so I am especially happy you signed up for my all new 7-Day Booty Blaster Guide!! Most of us spend way too much time sitting in front of our

TVs and computers or in our cars. Since your buttock muscles go to work with every step you take, it's no wonder our butts can get soft and droopy!

Simple yet effective target toning exercises are what can help to lift and firm your booty, and this Booty Blaster Guide has a 7-Day targeted plan with a 10-minute workout video and exercise instruction that can help you make a lasting impression when you leave the room!

Try out my mini booty plan for the next seven days and you WILL see - and feel! - a difference!! You and your tushy are worth it!

Denise Austin




FOR MORE BOOTY WORKOUTS, START YOUR 7-DAY FREE TRIAL OF MY [10-WEEK WHOLE BODY PLAN!!](#)



7-Day Booty Blaster Guide



7-Day Booty Plan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Video 10-MINUTE BOOTY LIFTING WORKOUT 	Exercises TUSH TIGHTENER TUSH TONER BUNS BLASTER BEST BUNS STRETCH	Video 10-MINUTE BOOTY LIFTING WORKOUT 	Exercises TUSH TIGHTENER TUSH TONER BUNS BLASTER BEST BUNS STRETCH	Video 10-MINUTE BOOTY LIFTING WORKOUT 	Exercises TUSH TIGHTENER TUSH TONER BUNS BLASTER BEST BUNS STRETCH	Rest Those Buns!! 

Add these moves to your existing workout routine, or do them on their own if you're just starting out!





10-Minute Booty Lifting Workout

Want to make your bottom half your better half? Then add this 10-minute Booty Lifting Workout Video to your weekly routine! We will warm up your gluteal muscles, then work the buns, the thighs, the front and back of the legs and more - for an effective lower-body toning workout you can do right in the privacy of your home!



WATCH NOW

Want more videos like this?
Start Your 7-Day Free Trial to
[DeniseAustin.com!](https://DeniseAustin.com)

LEARN MORE





Exercises

Strong gluteals, or buttocks muscles, will give your derriere a wonderful shape. As you do these exercises, focus on contracting or squeezing your buttocks muscles. Remember: If you don't squeeze it, no one else will! Do the following booty lifting moves three times a week, followed by my wonderful booty stretch move to help keep those muscles lean and flexible!

TUSH TIGHTENER

Kneel on the floor on all fours, hands directly beneath your shoulders, knees beneath your hips. Keeping your back flat, abs tight and hips square to the floor, raise your right leg out, keeping it bent at a 90-degree angle, until your thigh is parallel to the floor. Slowly lower your knee back down to relax, and then back up again, squeezing your buttocks. **Continue until you've completed 2 sets of 8 to 12, then switch legs.** To add resistance, use an ankle weight.



TUSH TONER

You'll want to start this in a push-up position on the palms of your hands and the balls of your feet - also known as the Plank Position. Abs are in. Back stays straight. Squeeze your buttocks. Lift one foot 6 to 8 inches off the floor and hold for 5 seconds. **Return to Plank and repeat. Do 2 more sets.**



BUNS BLASTER

Stand with one foot in front of the other and arms extended out to the sides. Bend front knee and point your back foot toward the floor so you're balancing on your front leg. Bend the knee of your standing leg to lower yourself down slightly, squeezing your buttocks muscles. Now, **lift and lower the back leg 8 to 12 times. Relax and repeat with the other leg.** (Don't do these if you have bad knees.) If you're a beginner, hold on to a wall or chair for balance.



BEST BUNS STRETCH

Sit with your legs crossed in front of you and reach your arms in front with both hands. Feel the stretch. Now gently walk your fingertips to the side over one knee and then the other. You should feel the stretch in your right buttock cheek and then the left buttock cheek. A pillow will help to cushion your tailbone, but is optional. **Hold for 10 to 15 seconds in each direction.**



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Want more exercises to lift and firm up your booty? Then begin your 7-day FREE TRIAL to DeniseAustin.com! You will have access to over 65 workouts that feature a booty workout like these and more, including booty-focused workouts from fun locations like Cancun, Mexico and the Bahamas!

FIT & LITE - YOGA FAT BURNERS AND BUNS IN CAREFREE, ARIZONA



Plus dozens of other workouts for legs, thighs and more. Everything you need to firm up not just your rear, but your whole body! Add to that my customizable meal plan, and you are on your way to losing weight, toning up, eating clean and getting fit - inside and out!

FIRM THIGHS AND LIFTED BUTT STUDIO CLASS



Join thousands of women in my Community lifting their buns and their confidence - you are worth it!

Denise Austin

DAILY WORKOUT - BUNS FROM THE RITZ CARLTON ROSE GARDEN

START YOUR FREE TRIAL TODAY



7-Day Booty Blaster Guide



Disclaimer

As with any physical activity, it is important that before beginning any fitness regimen, to consult with your healthcare professional to ensure that you are aware of your current health and any restrictions that are appropriate for you. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time. No information contained in the e-book is intended to be used as medical advice and the e-book is not intended to be used to diagnose, treat, cure or prevent any medical condition (including any mental health conditions) or for any therapeutic purposes. Before relying on the information in this e-book, you should carefully evaluate the accuracy and relevance of the information and obtain appropriate professional medical advice. You must consult a qualified medical professional if you have any questions concerning your medical condition or injury.

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as of the date of publication.

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