

# 30 Day Booty Calendar



01 <b>60 Side-Lying Leg Lifts</b>  <b>100 Squat w/ Bands</b>	02 <b>100 Banded Clamshells</b>  <b>100 Glute Bridges</b>	03 <b>80 Reverse Lunges</b>  <b>50 Sexy Spiders</b>	04 <b>50 Clamshell Abduction</b>  <b>100 Banded Leg Lowerers</b>	05 <b>80 Standing Abduction</b>  <b>60 Split Squats</b>	06 <b>60 Fire Hydrants</b>  <b>60 Elevated Hip Raises</b>	07 <b>Rest</b>
08 <b>80 Side-Lying Leg Lifts</b>  <b>120 Squat w/ Bands</b>	09 <b>120 Banded Clamshells</b>  <b>120 Glute Bridges</b>	10 <b>100 Reverse Lunges</b>  <b>60 Sexy Spiders</b>	11 <b>60 Clamshell Abduction</b>  <b>120 Banded Leg Lowerers</b>	12 <b>100 Standing Abduction</b>  <b>80 Split Squats</b>	13 <b>80 Fire Hydrants</b>  <b>80 Elevated Hip Raises</b>	14 <b>Rest</b>
15 <b>70 Clamshell Abduction</b>  <b>40 1.5 Squats</b>	16 <b>100 Banded Abductions</b>  <b>50 Single-Leg Glute Bridges</b>	17 <b>60 Seated Abductions</b>  <b>60 RFE Split Squat</b>	18 <b>50 Single-Leg Box Squat</b>  <b>50 Frogger Bridges</b>	19 <b>80 Sumo Leans</b>  <b>60 Curtsy Lunges</b>	20 <b>80 Lateral Squats</b>  <b>100 Reverse Lunges</b>	21 <b>Rest</b>
22 <b>80 Clamshell Abduction</b>  <b>60 1.5 Squats</b>	23 <b>120 Banded Abductions</b>  <b>60 Single-Leg Glute Bridges</b>	24 <b>80 Seated Abductions</b>  <b>80 RFE Split Squat</b>	25 <b>60 Single-Leg Box Squat</b>  <b>60 Frogger Bridges</b>	26 <b>100 Sumo Leans</b>  <b>80 Curtsy Lunges</b>	27 <b>100 Lateral Squats</b>  <b>120 Reverse Lunges</b>	28 <b>Rest</b>
29 <b>100 Quad Hip Extension</b>  <b>100 Fire Hydrants</b>	30 <b>120 Banded Clamshells</b>  <b>140 Reverse Lunges</b>					