

A close-up photograph of a person's waist and hips. They are wearing blue denim jeans with visible stitching and two large back pockets. A yellow measuring tape is wrapped around their waist, showing measurements from 21 to 33 inches. The background is a dark, textured surface.

JERSEY STRONG[®]

BLUE JEANS BUTT WORKOUT

DESIGNED BY JERSEY STRONG PERSONAL TRAINERS

BLUE JEANS BUTT WORKOUT

This exercise program was designed by Personal Trainers at JERSEY STRONG - it has an intense focus on helping you tone, tighten, shape and lift your butt.

This workout is comprised of 5 highly effective exercises specifically chosen to target the three main muscles of your butt – gluteus minimus, gluteus medius and gluteus maximus, known as your “glutes”. Along the way, you’ll also work your legs, abs, shoulders and back! And our Personal Trainers have even included a “modified” version of each exercise if you need to dial things back a little bit, for whatever reason.

A big part of your butt’s appearance is dictated by the layer of fat that covers your glutes. That’s why our Personal Trainers designed this workout to also increase your fat burn! The workout is best performed in a circuit format, one exercise right after another with a work- to-rest ratio of 30-50 seconds of work to 10-30 seconds of rest – all depending on your personal fitness level. Complete the circuit 3-5 times with 1-2 minutes of rest between each circuit – again, depending on your personal fitness level.

Each time you perform the workout you should be thoughtful of proper form, and you should be trying to slightly increase your intensity (but not at the sacrifice of proper form). Remember, results come from sticking with your workouts and your body being challenged by intensity and change. Our bodies are built to adapt and if we do any workout for too long, our workout results will plateau - so it’s important to change-up your workout plan regularly to keep your muscles challenged and your results coming.

DISCLAIMER: Information contained in this guidebook is provided for informational purposes and is not meant to substitute advice provided by your own physician or other medical professional. Always seek guidance from your own physician or other medical professional before engaging in any physical activity program. Information contained in this guidebook is not intended to diagnose, treat, cure or prevent disease.

SQUAT TO OVERHEAD PRESS

Main Muscles Worked

- Glutes (your butt), legs, abs and shoulders.

Description

- Stand with feet shoulder-width apart, elbows bent, a light weight or tubing in each hand at shoulder height.
- Lower into a squat making sure you do not let your knees go past your toes and holding at the bottom for a moment.
- Pushing through the heels and raise back up while pressing your hands overhead.
- Return to the starting position.

Modified Version

- Use just your bodyweight with no weights in your hands, or you can simply limit the downward motion of the squat movement.

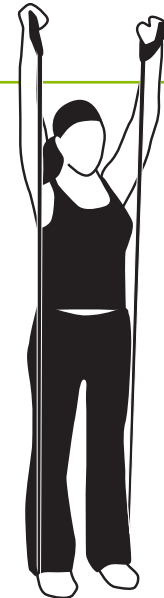
A.



B.



C.



SPRINTER STEP UP

Main Muscles Worked

- Glutes, legs and abs.

Description

- Start facing a step with one foot planted on top.
- Push yourself up without using your other leg.
- As you rise lift your non-planted foot up towards your chest.
 - You can add a leg-drive, by increasing the speed and coming off the step – which adds a plyometric component to the movement to increase the intensity.
- Bring the lifted leg back down and back to the starting position.

Modified Version

- Use a lower step without the plyometric component.

A.



B.



C.



CROSS OVER STEP UPS

Main Muscles Worked

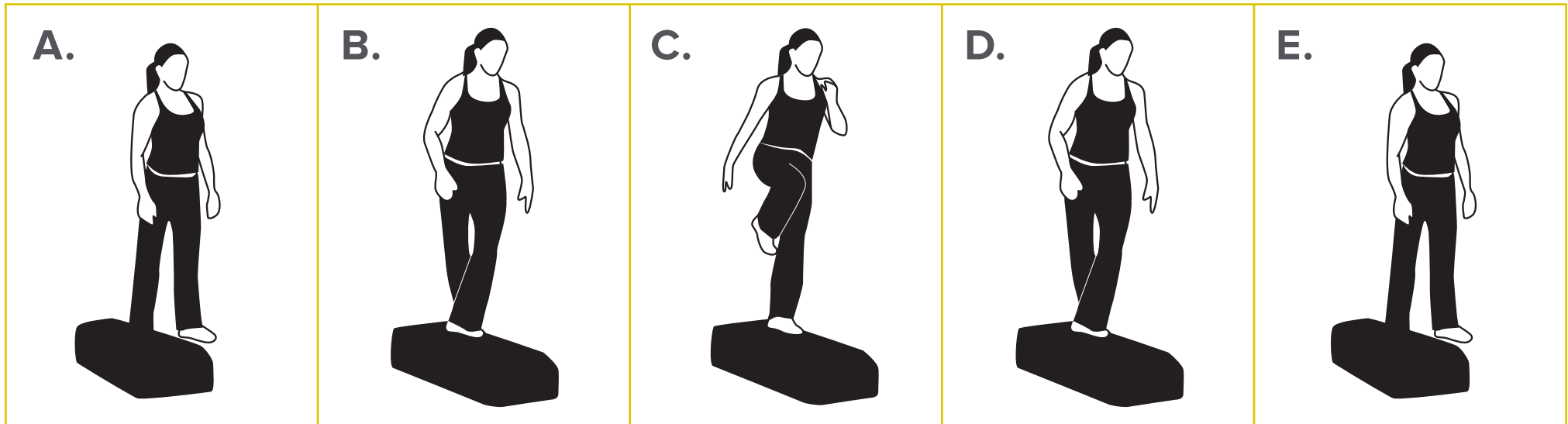
- Glutes, legs and abs.

Description

- Stand next to a step.
- Place the furthest foot from the step in front and across your body onto the step.
- Bring your weight onto the foot on the step and straighten out your leg while lifting the opposite leg up towards your chest.
- Bring the lifted leg across and behind your body back onto the ground.
- Lower back to the starting position

Modified Version

- Use a lower step.



PRONE LEG FLUTTER

Main Muscles Worked

- Glutes, legs, back, abs and shoulders.

Description

- Lie prone on a Bosu Ball with the Bosu Ball centered on your stomach.
- Keeping your abs tight squeeze your glutes and lift your legs while at the same time lifting your arms up till your body is parallel with the ground.
- Keep your abs tight and maintain your breathing while raising your right leg and left arm slightly higher.
- Lower this leg and arm while raising the left leg and right arm.
- Repeat this movement until done.

Modified Version

- Raise just your legs and keep them up for a period of time then lower down without fluttering your legs.

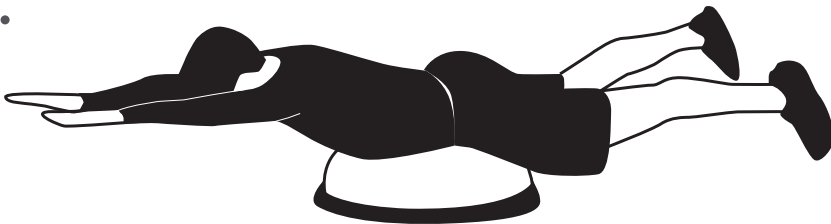
A.



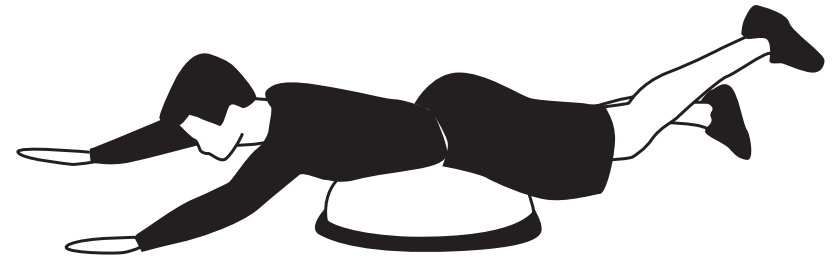
B.



C.



D.



TURKISH GET UP, PUSH TO ELBOW

Main Muscles Worked

- Butt, legs, abs and shoulders.

Description

- Lying on the floor with an extended left arm holding a light dumbbell.
- Move your left leg into a bent position aligning your left foot alongside your right knee.
- Push your extended arm up, rolling onto your right shoulder then to the elbow and then the right hand.
- Bend your right leg and pushing off with your right hand while bringing your right leg under you until you are resting on your knee. Remember your arm should be locked out.
- From the kneeling position take in a deep breath, tighten up you abs, and lunge forward to a standing position.
- Reverse the process to come back down to the floor.

Modified Version

- Use just your bodyweight with no weight in your hand or limit the motion progression stopping at the kneeling phase.

