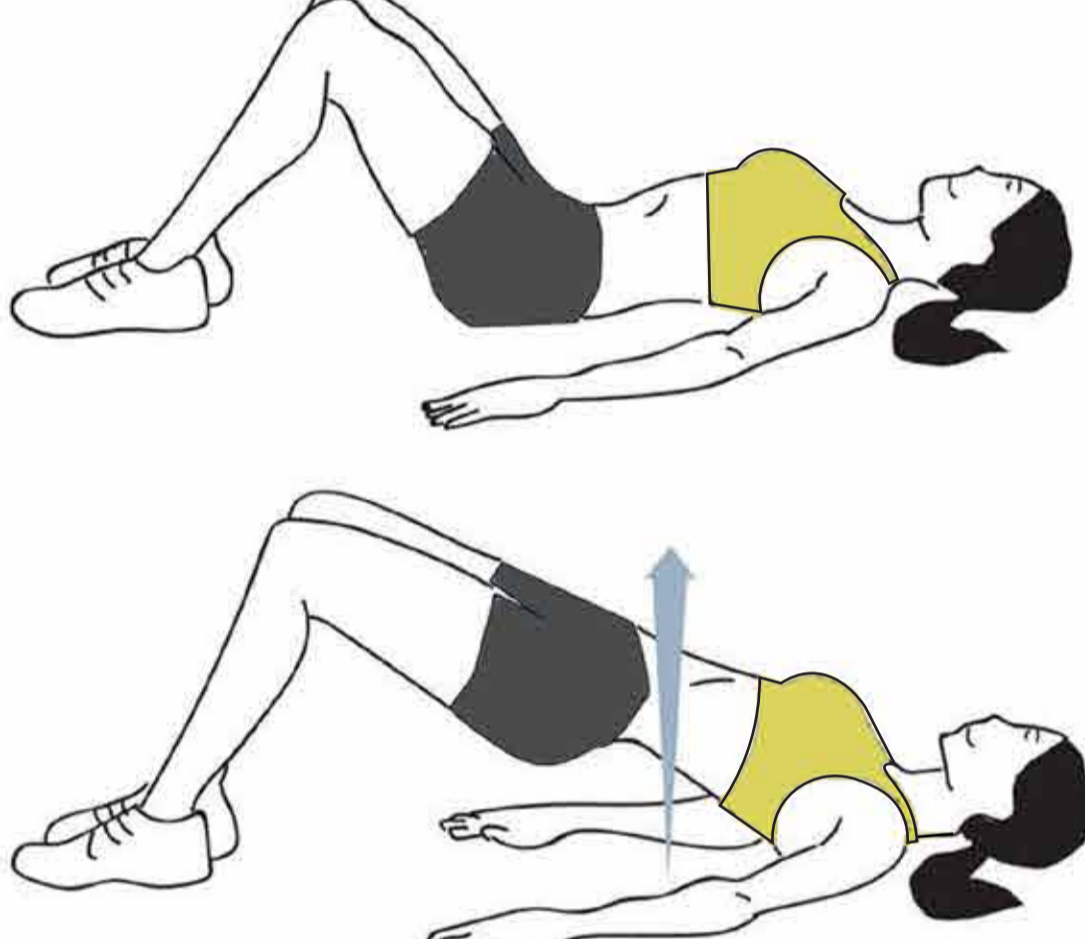




change **IN** seconds

## The Best Butt Workout

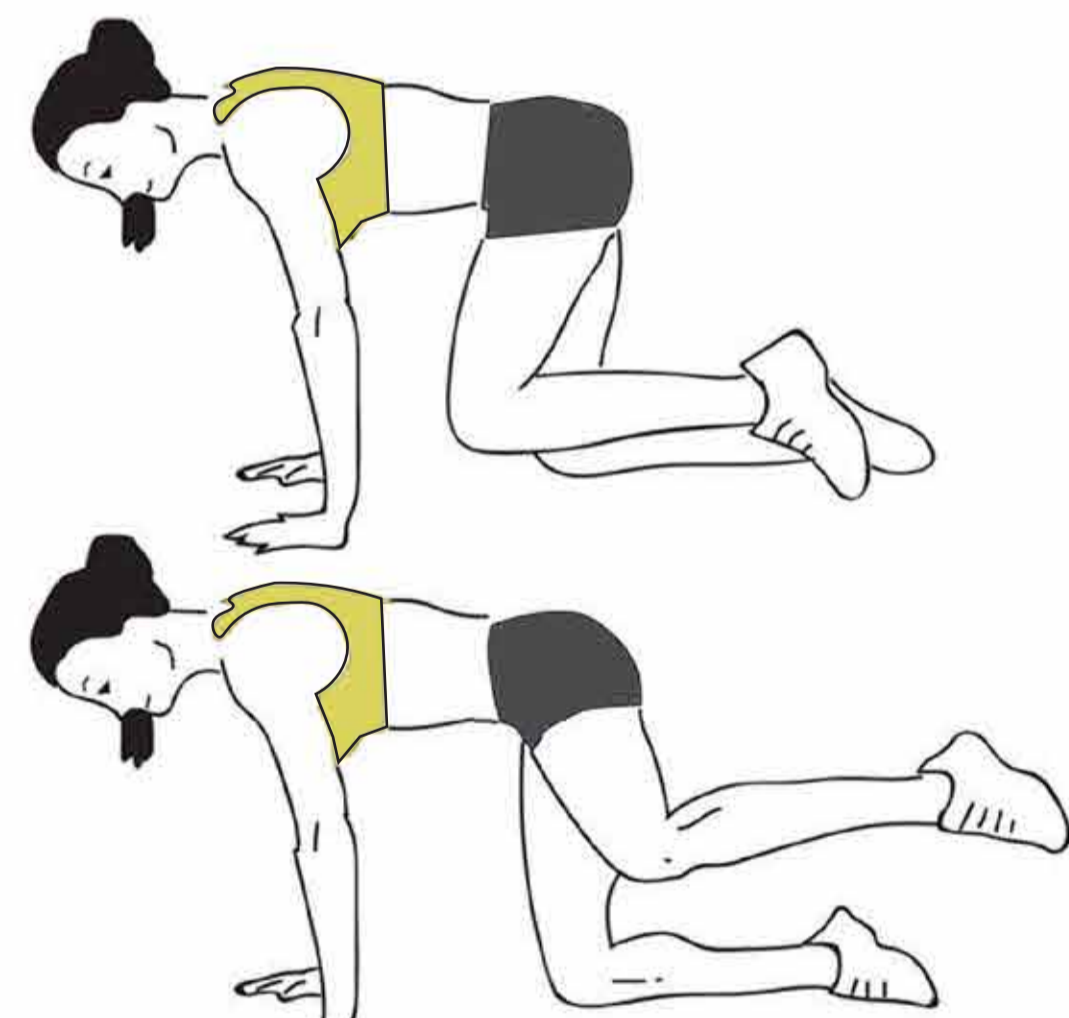
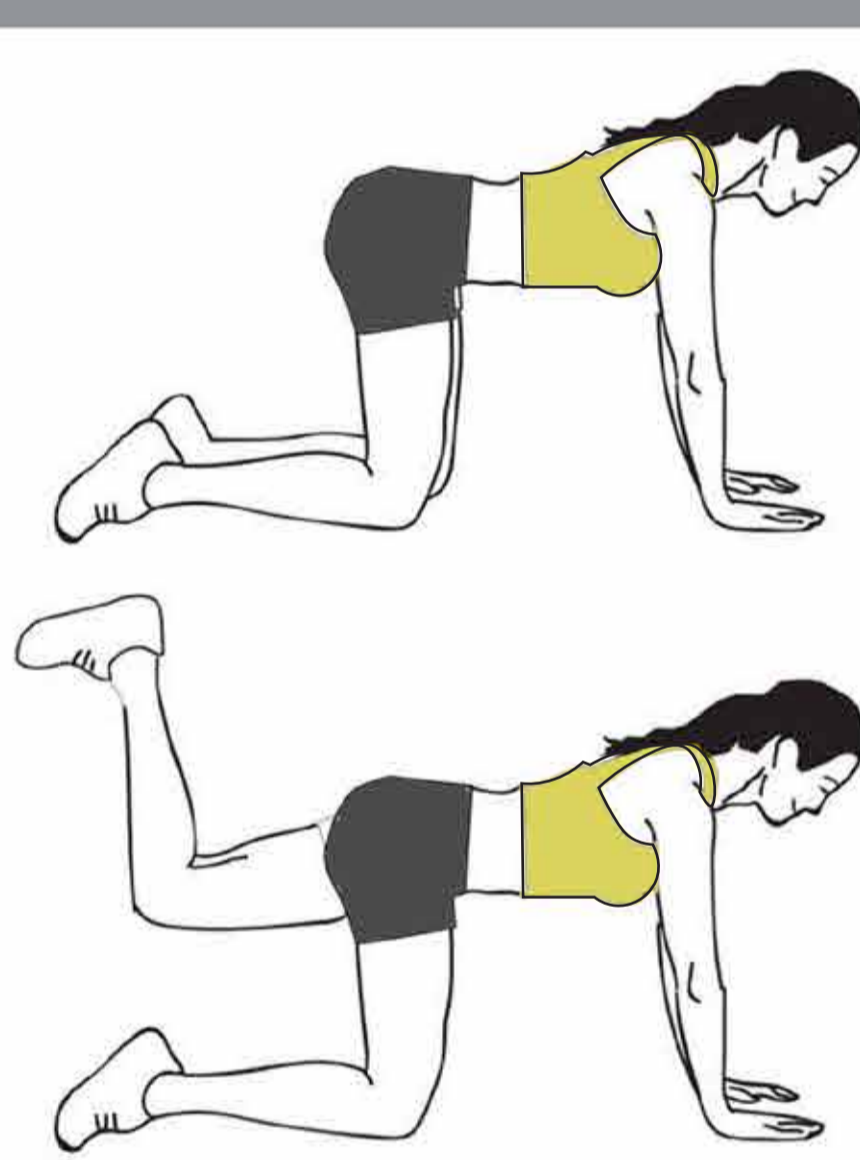


50

Hip Bridge

80

Donkey Kicks

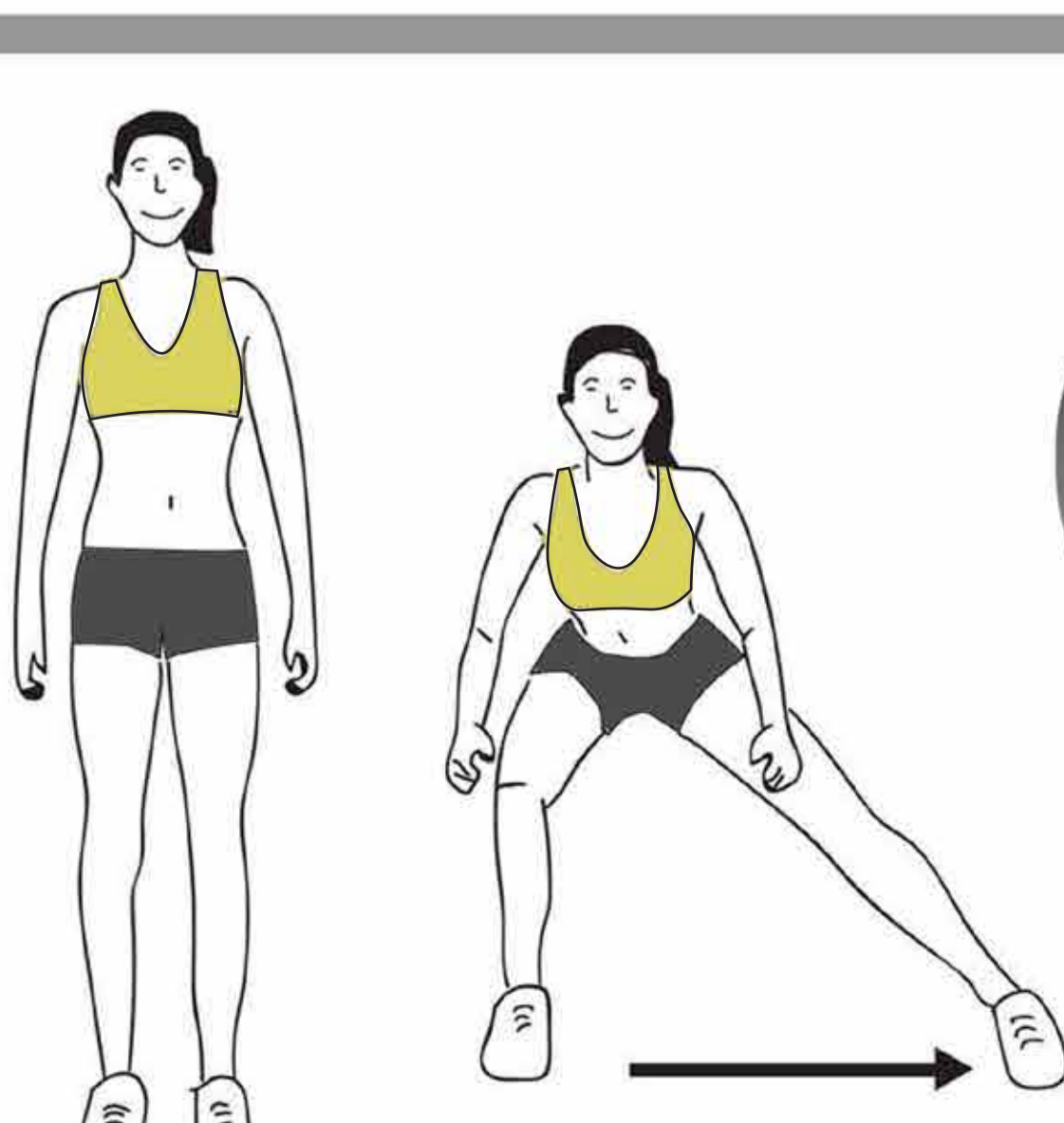
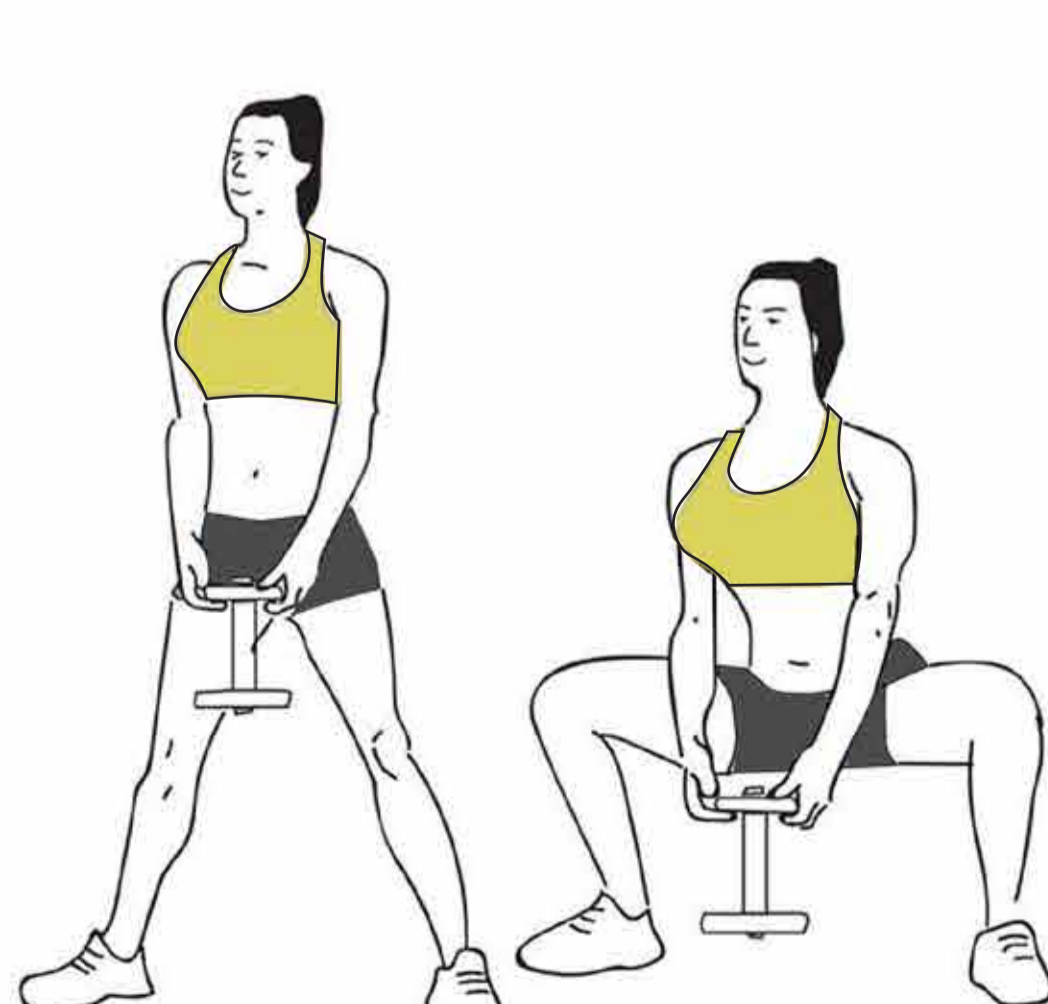


80

Fire Hydrants

50

Plie Sumo Squats



80

Side Lunges

change **IN** seconds

[www.changeinseconds.com](http://www.changeinseconds.com)