



MY GOAL

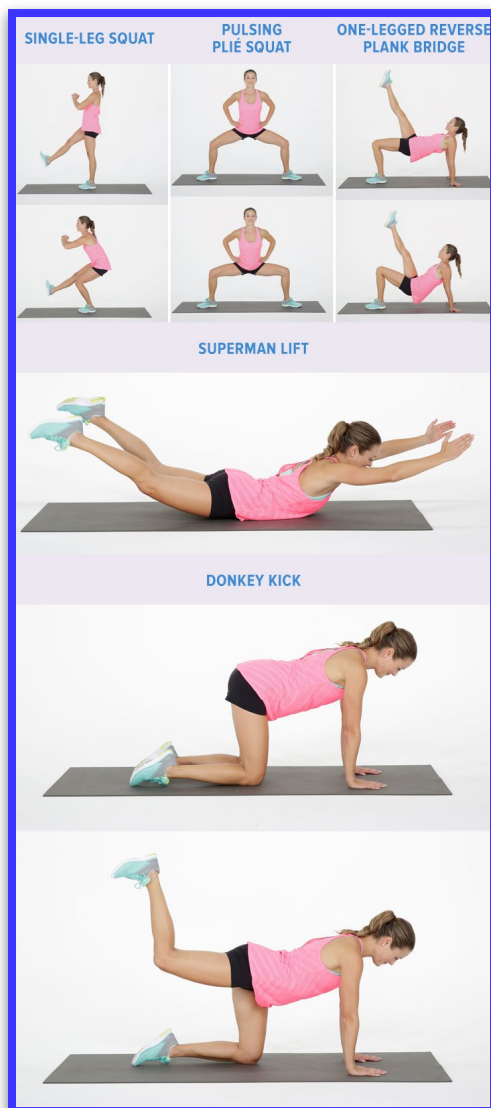
21 DAY BETTER BUTT

Simple daily exercise plan to make that booty pop in 3 weeks.

RESOURCES: Print the plan and learn the moves for the 21 Day Better Butt Challenge.

SUGGESTED GOAL PAIRINGS: Track Progress - Drink Water - Healthy Meal Plan

PROGRESS: For every day you complete the 3 Week Challenge, color in the box.



21 DAY BETTER BUTT CHALLENGE		
DAY 1 8 REPS OF EACH (3X)	DAY 2 REST	DAY 3 8 REPS OF EACH (3X)
DAY 4 REST	DAY 5 10 REPS OF EACH (3X)	DAY 6 REST
DAY 7 10 REPS OF EACH (3X)	DAY 8 REST	DAY 9 12 REPS OF EACH (3X)
DAY 10 REST	DAY 11 12 REPS OF EACH (3X)	DAY 12 REST
DAY 13 14 REPS OF EACH (3X)	DAY 14 REST	DAY 15 14 REPS OF EACH (3X)
DAY 16 REST	DAY 17 15 REPS OF EACH (3X)	DAY 18 REST
DAY 19 15 REPS OF EACH (3X)	DAY 20 REST	DAY 21 15 REPS OF EACH (3X)