











# Exercise Planner

for your *Body*

by Selasi Berdie

## Buns of Steel

<p><b>What you need:</b> Suitable exercise space</p> <p><b>Explanation:</b> Want to get the killer legs and a bum to die for? Then this workout is for you.</p>	Sumo squats	Waking Lunges	Calf raises	Hip thrusts
	<p>Start</p>  <p>Finish</p> 	<p>Start</p>  <p>Finish</p> 	<p>Start</p>  <p>Finish</p> 	<p>Start</p>  <p>Finish</p> 
Beginner	<p><b>20 REPS</b> Sumo squats</p>	<p><b>20 REPS</b> Waking Lunges (10 reps for each leg)</p>	<p><b>20 REPS</b> Calf raises (Use door way)</p>	<p><b>20 REPS</b> Hip thrusts</p>
Intermediate	<p><b>15 REPS X 2</b> Sumo squats</p>	<p><b>15 REPS X 2</b> Waking Lunges (10 reps for each leg)</p>	<p><b>15 REPS X 2</b> Calf raises (Use door way)</p>	<p><b>15 REPS X 2</b> Hip thrusts</p>
Advanced	<p><b>15 REPS X 3</b> Sumo squats</p>	<p><b>15 REPS X 3</b> Waking Lunges (10 reps for each leg)</p>	<p><b>15 REPS X 3</b> Calf raises (Use door way)</p>	<p><b>15 REPS X 3</b> Hip thrusts</p>