

# Brianne Hogan's At Home Legs & Butt Workout (Beginners)

**Note: I'm OBSESSED with Legs&Butts. You'll thank me later!** After your warm up, perform each five-exercise in Circuit One three times BEFORE moving onto Circuit Two, your Floor Work. Complete Circuit Two, and then repeat twice. Don't forget to rest for 5-10 seconds after each exercise! After you've completed both circuits three times, then Cool Down with 5 minutes of stretching.

## Warm Up

- Butt Kicks – 20 reps
- Reverse Lunge – 20 reps (10x each leg)
  - Wide Legged Squats – 20 reps
  - Jumping Jacks – 20 reps
- [Leg Swings](#) – 20 reps (10x each leg)

## Circuit One

Front Lunge  
20 reps (10x each leg)

Squat Jump  
10 reps

Side Lunge  
20 reps (10x each leg)

Calf Raises  
10 reps

Rest for 30 seconds/Repeat 2x.

## Circuit Two – Floor Work

Hip Bridges  
20 reps

Fire Hydrants  
20 reps (10x each leg)

[Kneeling Leg Lifts](#)  
20 reps (10x each leg)

[Butt Pulses](#)  
40 reps (20x each leg)

Rest- for 30 seconds/Repeat 2x.

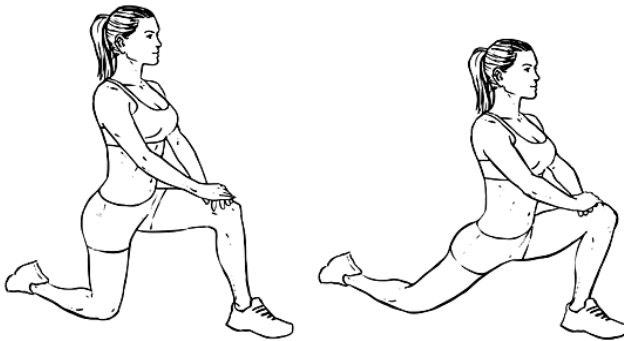
**Workout Complete YASSS!**

**Stretching – Hold each stretch for 30 seconds. You should feel NO PAIN. If you do, STOP!**

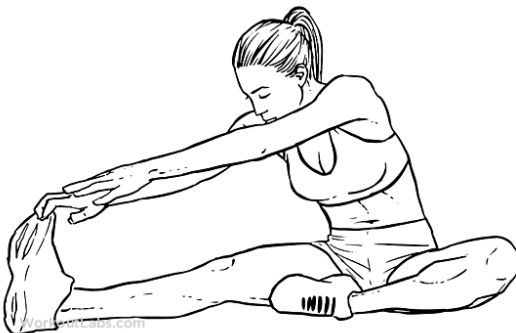


Downward Dog \_\_\_\_\_

Hip Flexor Stretch – Repeat on each leg



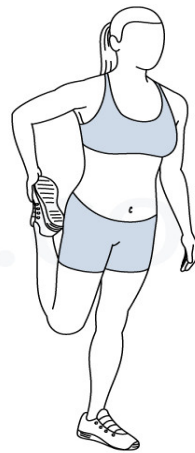
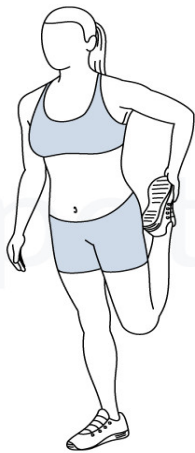
Hamstring Stretch – Repeat on each leg

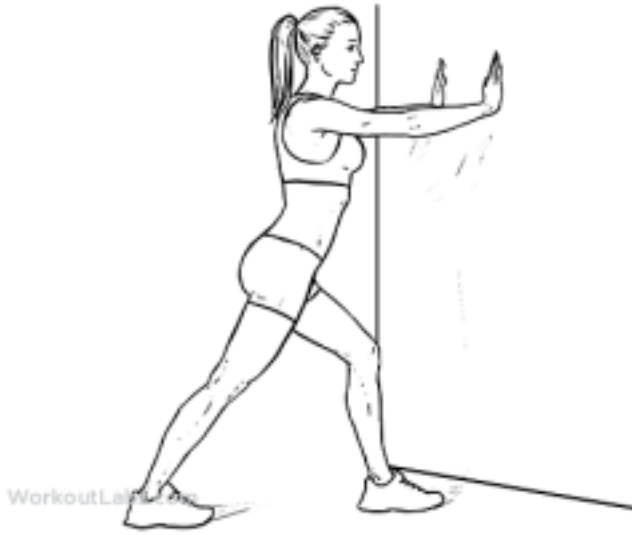


## Child's Pose



## Quad Stretch – Repeat on each leg





Repeat on each leg

Calf Stretch –

