

# March

DAY 1

<b>EXERCISE</b>	<b>SETS/REPS</b>
Single Leg Barbell Hip Thrust	3/8
Bench Press	3/8
Bulgarian Split Squats	3/12 (leg)
Single Arm Dumbbell Row	3/12
Single Leg Deadlift	3/15
Crunches	3/25

# March

## BOOTY 1

### EXERCISES

### SETS/REPS

Single Leg Banded Hip Thrust	3/15
Side Lying Abduction	3/20
Fire Hydrants	3/20
Alternating Bicep Curls	3/12
Weighted Toe Touch & Crunch	3/20

# March

DAY 2

## EXERCISES

## SETS/REPS

Single Leg DB Squat

3/10

Bent Over Rows

3/8

Barbell Single Leg Glute Bridge

3/10

Seated Shoulder Press

3/12

Single Leg Cable Hip Hinge

3/15

Bear Hover Weight Pull-Thru

3/15 (side)

# March

## BOOTY 2

### EXERCISES

### SETS/REPS

Cable Kickbacks

3/20 (leg)

Squat Lateral Walk

3/10 (side)

Side Lying Clam

3/20 (side)

Barbell Upright Rows

3/12

Yoga Ball Pikes

3/20

HOLYELLE  
fit

# March

DAY 3

## EXERCISES

## SETS/REPS

B-Stance Hip Thrust

3/8 (leg)

Military Press

3/8

Single Leg Box Squat

3/10 (leg)

Chest Supported Row

3/12

Standing Cable Hip Abduction

3/20 (leg)

Bicycle Crunches

3/20 (leg)

# TIPS

- Please, please do not do this workout if you are a beginner or have a medical condition that prohibits activity
- Dynamic warm-up exercises are recommended. Activating your muscles can only help prepare you for heavy lifts
- Stay hydrated!
- You can choose to do all the days, but please do at least 3. Consistency is key in seeing results
- Try to space your rest days to avoid overtraining, fatigue, and injury
- Variations to the plan are at your risk and discretion
- Without adequate nutrition, you may not get the results expected

# DISCLAIMER

- Always consult a physician about questions you have before starting an exercise plan
- In no event, shall HOLYELLEFIT be liable in any direct, indirect, special, consequential, or incidental damages that might occur or damages whatsoever
- If you think you're having a medical emergency, **stop immediately, and call 911**
- My methods may prove to be unsafe to individualized conditions. You will be doing this plan at your own risk