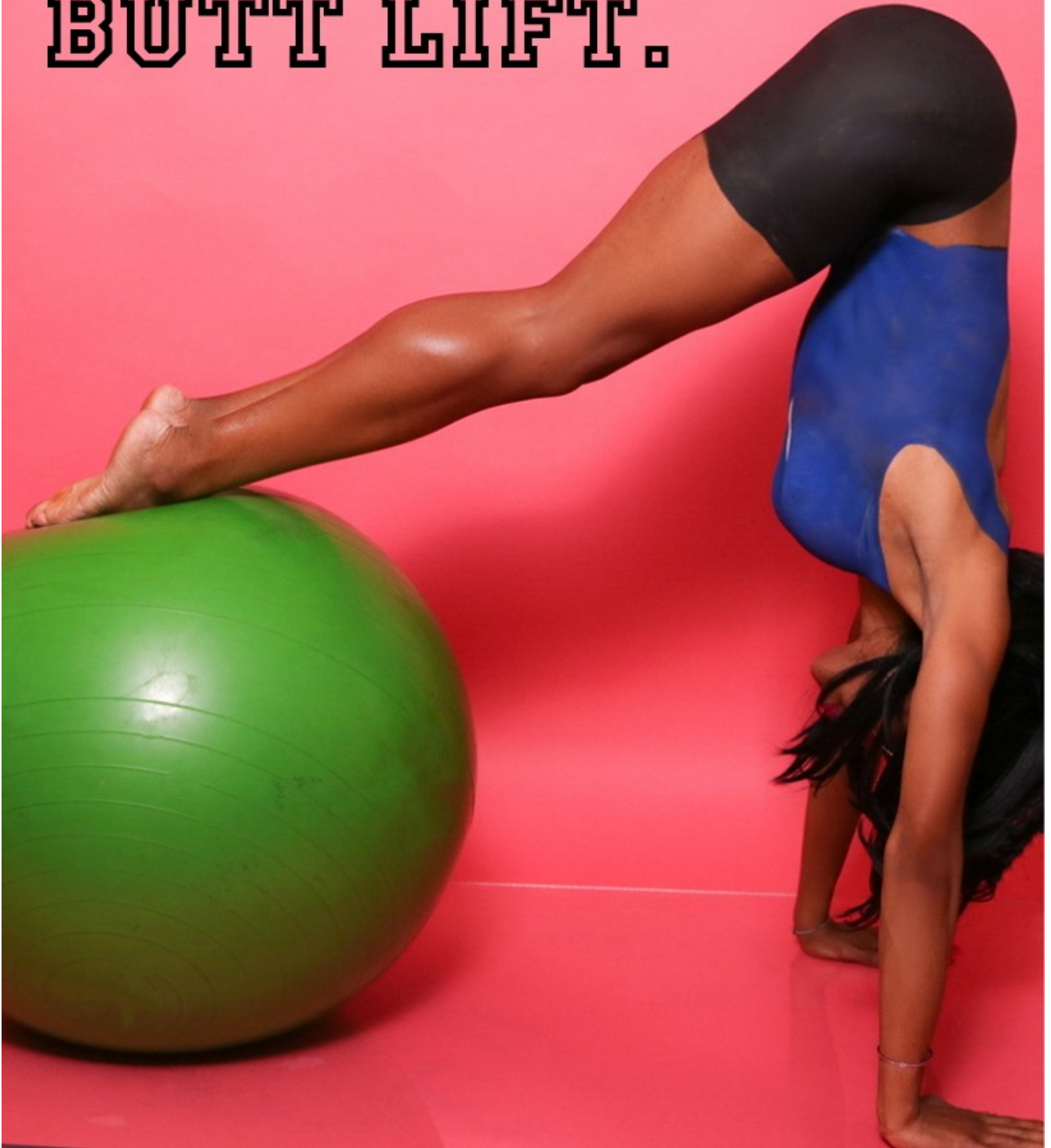


# THE BOMBSHELL BUTT LIFT.



# ARE YOU READY FOR YOUR CURVES TO TAKE THEIR MOST *boofylicious* DESIGN IN THEIR LIFE?

## THE BOMBSHELL BUTT LIFT PLAN.

RECIPE FOR THE PERFECT BOOTY:

1 CUP OF PROTEIN.

2 CUPS OF SELF LOVE.

4 CUPS OF GODDESS ENERGY.

1 TEASPOON OF CURIOSITY OF JUST HOW

SEXY YOU CAN TAKE YOUR OWN TRANSFORMATION.

### HOT & SEXY DISCLAIMER

I'm an expert at what I do. I've got the street cred. The experience. The skills. The qualifications, and not to mention the hours I spent suffering through my own routines. However, we should probably give a nod to the fact that I am not a physician, or other health care professional, and that this program should not be completed without first consulting your primary care physician. (Though I do own a fabulous hot and sexy white jacket thank you very much). With that comes the standard eye glaze disclaimer that neither Jasmyne Small or any representative of Underneath Your Lingerie will be held liable for any injury occurred during this exercise program at home, the gym, or elsewhere. Always consult your physician before beginning any exercise program. No, I cannot guarantee the outcome of this program and/or recommendations of this online fitness program and my comments about the outcome are expressions of (my very personal) opinion only. However, I can guarantee this, I have put my best into this program and I will do all that is in my power to empower you to reach your goal and sculpt your hot, healthy, and sexy body. And one last "mandatory" task concerning the contents of this fitness program. All rights reserved. Any unauthorized reprint or use of this material for money or changing of the authors name is prohibited. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system without express written permission from the author/publisher....Whew, that was a mouthful. Enough of this legal mumbo, jumbo. Ready to dive in and sculpt your smokin' hot body?

# WORKOUT # 1 – “HOT BODY WORKOUT”: WEEK 1.

Single Leg Hip Thrust 4 x 25.



Modified Single Arm Pushups 3x10.



Pelvic Thrusts with Presses – 50x



Hot Body Workout	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Single Leg Hip Thrust 4 x 25.							
Modified Single Arm Pushups 3x10.							
Pelvic Thrusts with Presses – 50x							

## WORKOUT 2 - "LIFT & CURVE YOUR TUSH.": WEEK 2.

Position 1:



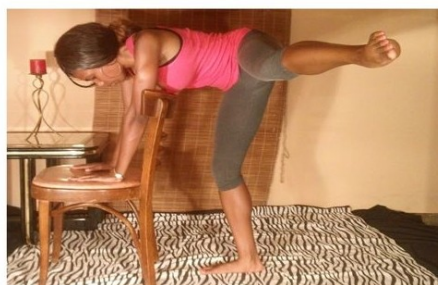
Pulse up for 2 minutes.

Position 2:



Keeping leg up pulse your knee to the ceiling for 2 minutes.

Position 3:



Kick out for 2 minutes and then SWITCH SIDES :-).

Lift and Curve Your Tush Workout	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Pulse up for 2 minutes. Keeping leg up pulse your knee to ceiling for 2 minutes. Kick out for 2 minutes and then switch sides.							



## WORKOUT 3- "BOOTY SCULPT.": WEEK 3.

### Elevated Single Leg Bridge

3 x 25 each



Position 1



Position 2

### Reverse Back Extensions

2 x 25



Position 1



Position 2

2 Rounds.

Booty Sculpt Workout	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
2 rounds of: Elevated Single Bridge 3x25. Reverse Back Extensions 2x25.							

*Workout Tip:*

Have fun, Know that your bootylicious transformation doesn't end here  
and that there are many more cakes in the oven!

## WORKOUT #4: "3D BOOTY." - WEEK 4.

3D Booty- 2 minutes in each position, complete on both sides.

Position 1



Pulse back.

Position 2



Out to side.

Position 3



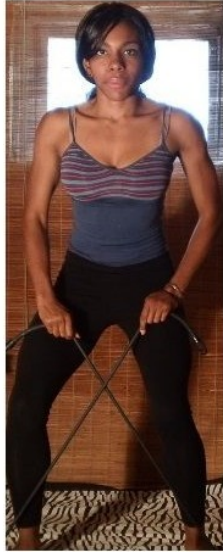
Lift knee straight back.

3D Booty Workout	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
<ul style="list-style-type: none"> <li>Pulse back.</li> <li>Out to side.</li> <li>Lift knee straight back.</li> </ul> 2 minutes on each side.							

## WORKOUT #5: "TIGHTEN THAT TUSH!" - WEEK 5.

4 rounds.

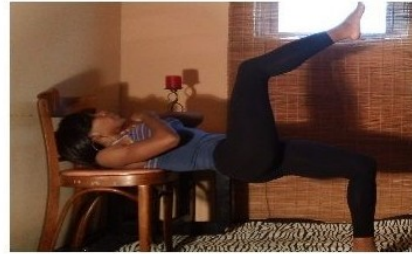
*Lateral Band Walk - 4x*



*Single Leg Hip Thrust - 40x each*



Position 1



Position 2

Using a resistance band walk sideways across the room. Face the same direction as you come back to the starting position.

Tighten that Tush! Workout.	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
4 rounds of: <ul style="list-style-type: none"> <li>• Lateral band walk – 4x.</li> <li>• Single Leg Hip Thrust – 40x each.</li> </ul>							

*Booty Tip:*

Visualize diamonds pouring out the size of your glutes as you squeeze.

## WORKOUT #6: "DREAM BODY WORKOUT" - WEEK 6.

2 minutes each.  
2-3 rounds.

### *Single Leg Bridge*



Position 1



Position 2

### *Single Arm Pushup (mod)*

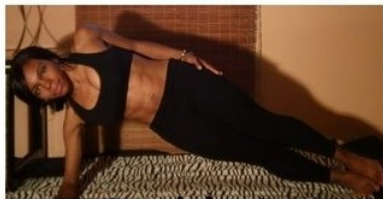


Position 1



Position 2

### *Side Plank w/ Leg Lifts*



Position 1

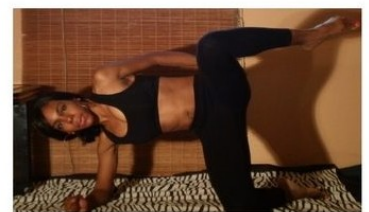


Position 2

### *Clam Raises*



Position 1



Position 2

Dream Body Workout.	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
<ul style="list-style-type: none"> <li>Single Leg Bridge.</li> <li>Modified Single Arm Pushup.</li> <li>Side Plank with Leg Lifts (modification is to perform the exercise resting on your knees).</li> <li>Clam raises.</li> </ul> 2 minutes each, 3 rounds.							



## WORKOUT #7: "BRAZILIAN BOOTY WORKOUT" - WEEK 7.

### Bulgarian Split Squat – 3 x 25



Position 1



Position 2

### Seated Theraband Abductions 3 minutes

Wrap a theraband around your knees and  
open & close your knees.



# 2 Rounds.

Brazilian Booty Workout.	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
<ul style="list-style-type: none"> <li>Bulgarian Split Squat 3 x 25.</li> <li>Seated theraband abductions – 3 minutes.</li> </ul> 2 rounds.							

## WORKOUT #8: "THE PERFECT BUTT WORKOUT" - WEEK 8.

### *Single Leg Hip Thrust* 4 x 25 each



Position 1



Position 2

### *Hydrant Kicks* 2 min on each side



Position 1



Position 2

The Perfect Butt Workout.	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
<ul style="list-style-type: none"> <li>Single Leg Hip Thrust 4 x 25 each.</li> <li>Hydrant Kicks – 2 minutes each.</li> </ul> 2 rounds (optional).							

# Tush & Abs

## 30 DAY CHALLENGE

<b>DAY 1</b> 15 SINGLE LEG HIP THRUSTS 20 PLANK JACKS	<b>DAY 16</b> 2 x 25 SINGLE LEG HIP THRUSTS 70 PLANK JACKS
<b>DAY 2</b> 15 SINGLE LEG HIP THRUSTS 20 PLANK JACKS	<b>DAY 17</b> 3 x 25 SINGLE LEG HIP THRUSTS 70 PLANK JACKS
<b>DAY 3</b> 15 SINGLE LEG HIP THRUSTS 30 PLANK JACKS	<b>DAY 18</b> REST
<b>DAY 4</b> 2 x 15 SINGLE LEG HIP THRUSTS 30 PLANK JACKS	<b>DAY 19</b> 3 x 25 SINGLE LEG HIP THRUSTS 80 PLANK JACKS
<b>DAY 5</b> 2 x 15 SINGLE LEG HIP THRUSTS 35 PLANK JACKS	<b>DAY 20</b> 3 x 25 SINGLE LEG HIP THRUSTS 90 PLANK JACKS
<b>DAY 6</b> REST	<b>DAY 21</b> 3 x 25 SINGLE LEG HIP THRUSTS 100 PLANK JACKS
<b>DAY 7</b> 2 x 15 SINGLE LEG HIP THRUSTS 40 PLANK JACKS	<b>DAY 22</b> 4 x 25 SINGLE LEG HIP THRUSTS 100 PLANK JACKS
<b>DAY 8</b> 2 x 15 SINGLE LEG HIP THRUSTS 40 PLANK JACKS	<b>DAY 23</b> 4 x 25 SINGLE LEG HIP THRUSTS 110 PLANK JACKS
<b>DAY 9</b> 2 x 15 SINGLE LEG HIP THRUSTS 45 PLANK JACKS	<b>DAY 24</b> REST
<b>DAY 10</b> 3 x 15 SINGLE LEG HIP THRUSTS 45 PLANK JACKS	<b>DAY 25</b> 4 x 25 SINGLE LEG HIP THRUSTS 125 PLANK JACKS
<b>DAY 11</b> 3 x 15 SINGLE LEG HIP THRUSTS 45 PLANK JACKS	<b>DAY 26</b> 2 x 50 SINGLE LEG HIP THRUSTS 135 PLANK JACKS
<b>DAY 12</b> REST	<b>DAY 27</b> 2 x 50 SINGLE LEG HIP THRUSTS 150 PLANK JACKS
<b>DAY 13</b> 3 x 15 SINGLE LEG HIP THRUSTS 50 PLANK JACKS	<b>DAY 28</b> 3 x 45 SINGLE HIP THRUSTS 150 PLANK JACKS
<b>DAY 14</b> 3 x 15 SINGLE LEG HIP THRUSTS 60 PLANK JACKS	<b>DAY 29</b> 3 x 45 SINGLE LEG HIP THRUSTS 165 PLANK JACKS
<b>DAY 15</b> 2 x 25 SINGLE LEG HIP THRUSTS 60 PLANK JACKS	<b>DAY 30</b> 2 x 70 SINGLE LEG HIP THRUSTS 175 PLANK JACKS



Single Leg Hip Thrust



Position 1



Position 2

Plank Jack



In the plank position  
jump your feet out to the  
sides then back in.

- xo,

JASMYNE.



*Accountability is the sexiest outfit that a woman can wear...*

ON THE PAGES BELOW DOCUMENT HOW MANY GLASSES OF WATER YOU DRANK AND HOW MANY DELICIOUS HEALTHY MEALS THAT YOU MADE FOR THE DAY.





## MONTH 1

HYDRATE LIKE A GODDESS.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

MY BOMBSHELL BUTT LIFT BODY.

CREATE THE MOST SENSUAL MEALS IN THE WORLD.

[illegible]

AS WOMEN THERE IS A VERY GODDESS LIKE HEALTH INSIDE OF A WOMAN'S BODY.

*Your body is amazing.*

## MONTH 2

HYDRATE LIKE A GODDESS.

[illegible]

MY BOMBSHELL BUTT LIFT BODY.

CREATE THE MOST SENSUAL MEALS IN THE WORLD.

[illegible]

AS WOMEN THERE IS A VERY GODDESS LIKE HEALTH INSIDE OF A WOMAN'S BODY.

Respect yourself by loving yourself.

MONTH 3

HYDRATE LIKE A GODDESS.

[illegible]

MY BOMBSHELL BUTT LIFT BODY.

CREATE THE MOST SENSUAL MEALS IN THE WORLD.

[illegible]

AS WOMEN THERE IS A VERY GODDESS LIKE HEALTH INSIDE OF A WOMAN'S BODY.

## Booby measurements

Measure around the largest part of your booty.

Month 1	
Month 2	
Month 3	

## *Relaxing body stretches.*

### **Work on increasing your thoracic mobility.**



Position yourself on your knees with one hand on the floor in front of you and the other hand behind your head. Trace a “diagonal” pattern in the air by keeping your hand behind your head and bringing your elbow into the opposite knee. Rotate out and then in, nice and slow for 10-20x.

### **Cat Camel**



Position yourself on your hands and knees (think of yourself as a “table top”), keeping your arms with only a slight bend in it, tuck your chin as you arch your back and lift your head up into the air as your stomach drops towards the ground.





### **Occipital Stretch**



Sit with your back and neck against the wall. Push into the wall with your head and tuck your chin. Hold for 30 seconds and release. Turn your chin 45 degrees to one side, and repeat pushing back into the wall and tucking your chin. Hold for 30 seconds, release and complete on the other side. Repeat for 2-3x.

### **Pec Stretch**



Stand in a doorway and place your arm along a doorway. Step forward through the door and turn your outside shoulder slightly out, hold for 20-30 seconds as release. To increase the intensity of the stretch bend the arm at an angle just under 90 degrees and turn your shoulder/chest slightly outward. Repeat 2-3x on each side.

### **Piriformis Stretch**



Lie on your back and cross your knees on top of each other, pull the back leg towards your chest so that you feel the stretch in your butt/glute. Hold for 30 seconds and repeat 2-3 times on each side.

### **Trap Stretch/ LS Stretch**

Trap Stretch:

Sitting straight up bring one each to your shoulder and drop the other shoulder towards the floor (you can use your arm that is on the same side as you are tilting your head to increase the intensity of the stretch). 2-3x for 30 seconds, complete on both sides.



LS Stretch:

Start your head facing forward, turn your chin at a 45 degree angle and tuck your chin towards your chest (you can use your hand that is on the same side that your head is turning to increase the intensity of the stretch). 2-3x for 30 seconds, complete on both sides.



Are you loving your *bootylicious* results?

Design your body into the sexiest most feminine shape at [underneathyourlingerie.com](https://underneathyourlingerie.com)

# THE BOMBSHELL BUTT LIFT.

