



**30
DAY**

BOOTY

CHALLENGE

foodspring®

Want to tone your booty?

Then you've come to the right place! Welcome to our 30-day booty challenge! Over the next 30 days, you'll learn exercises that target and hone your glutes on an ongoing basis, making you stronger from week to week. A well-toned butt isn't just about looking good; it's a sign of health and fitness, and being strong will serve you well in day-to-day life. All good reasons to push through with our challenge!

What you need: 2 dumbbells

Training frequency: 3 times a week

Length of each training session: approx. 30 minutes

<p>DAY 1</p> <p>3x20 Alternating Reverse Lunges</p> <p>3x10 Glute Bridge</p> <p>3x10 Side Lying Hip Abduction</p>	<p>DAY 2</p> <p>Rest day</p>	<p>DAY 3</p> <p>3x20 Alternating Reverse Lunges</p> <p>3x15 Glute Bridge</p> <p>3x15 Side Lying Hip Abduction</p>	<p>DAY 4</p> <p>Rest day</p>	<p>DAY 5</p> <p>3x10 Reverse Lunges</p> <p>3x20 Glute Bridge</p> <p>3x15 Side Lying Hip Abduction</p>
<p>DAY 6</p> <p>Rest day</p>	<p>DAY 7</p> <p>Rest day</p>	<p>DAY 8</p> <p>3x10 Reverse Lunges</p> <p>3x8 Single Leg Glute Bridge</p> <p>3x20 Side Lying Hip Abduction</p>	<p>DAY 9</p> <p>Rest day</p>	<p>DAY 10</p> <p>3x12 Reverse Lunges</p> <p>3x10 Single Leg Glute Bridge</p> <p>3x20 Side Lying Hip Abduction</p>
<p>DAY 11</p> <p>Rest day</p>	<p>DAY 12</p> <p>3x12 Reverse Lunges</p> <p>3x10 Single Leg Glute Bridge</p> <p>3x15 Clamshells</p>	<p>DAY 13</p> <p>Rest day</p>	<p>DAY 14</p> <p>Rest day</p>	<p>DAY 15</p> <p>3x15 Reverse Lunges</p> <p>3x12 Single Leg Glute Bridge</p> <p>3x15 Clamshells</p>
<p>DAY 16</p> <p>Rest day</p>	<p>DAY 17</p> <p>3x15 Reverse Lunges</p> <p>3x12 Single Leg Glute Bridge</p> <p>3x20 Clamshells</p>	<p>DAY 18</p> <p>Rest day</p>	<p>DAY 19</p> <p>3x15 Reverse Lunges</p> <p>3x15 Single Leg Glute Bridge</p> <p>3x10 RDL</p> <p>3x20 Clamshells</p>	<p>DAY 20</p> <p>Rest day</p>
<p>DAY 21</p> <p>Rest day</p>	<p>DAY 22</p> <p>3x6 Bulgarian Split Squats</p> <p>3x15 Single Leg Glute Bridge</p> <p>3x10 RDL</p> <p>3x20 Clamshells</p>	<p>DAY 23</p> <p>Rest day</p>	<p>DAY 24</p> <p>3x6 Bulgarian Split Squats</p> <p>3x15 Hip Thrusts</p> <p>3x12 RDL</p> <p>3x10 Side Lying Hip Raise</p>	<p>DAY 25</p> <p>Rest day</p>
<p>DAY 26</p> <p>3x8 Bulgarian Split Squats</p> <p>3x20 Hip Thrusts</p> <p>3x15 RDL</p> <p>3x12 Side Lying Hip Raise</p>	<p>DAY 27</p> <p>Rest day</p>	<p>DAY 28</p> <p>3x8 Bulgarian Split Squats</p> <p>3x6 Single Leg Hip Thrusts</p> <p>3x8 Single Leg RDL</p> <p>3x15 Side Lying Hip Raise</p>	<p>DAY 29</p> <p>Rest day</p>	<p>DAY 30</p> <p>3x10 Bulgarian Split Squats</p> <p>3x6 Single Leg Hip Thrusts</p> <p>3x8 Single Leg RDL</p> <p>3x15 Side Lying Hip Raise</p>

How to use our training schedule:

Number of reps and set rests:

3×10 glute bridges means you do a total of 3 sets of this exercise, with 10 reps each per set. Rest for 60–90 seconds between each set.

Rest days:

You should use these days to rest. Your muscles need time to recover so they can get stronger. On your rest days, you can also do an upper body workout, a cardio session or some flexibility exercises for a bit of balance.

Why not drink our [Recovery Aminos](#) while you're at it?

Get the technique right:

All of the exercises in the plan come with a photo. Click on 'Watch video' to be redirected to the video for the exercise.

Customize your training:

Are you a complete beginner? If so, opt for lighter dumbbells, or use two bottles of water instead, or skip the weights altogether.

Listen to your body and only step things up once you're comfortable performing all of the reps. If you're a seasoned fitness fanatic, add more weight, do more reps or complete 4 sets of each exercise, rather than 3.

Don't forget to warm up!

Warm up for at least 10 minutes before each training session to get your body ready to work hard. [Find out how to warm up at home or at the gym here.](#)

Have your water bottle within easy reach

It's important to drink plenty while exercising.

Too cool to cool down?

Never skip the cool-down stage! This jump-starts recovery, gradually slows down your cardiovascular system and switches your muscles to recovery mode. [Find out how to warm down properly here.](#)

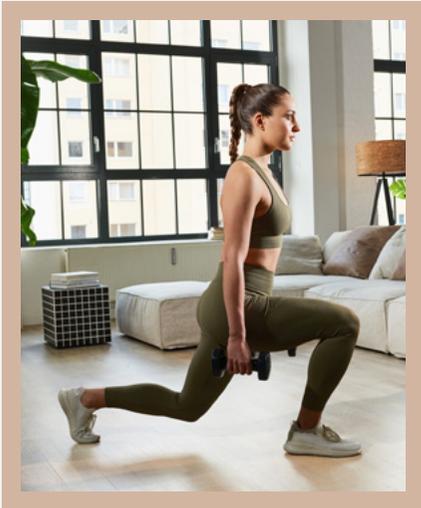
WEEK 1

Building a Strong Foundation

And we're off! This week will build the foundation for successful results. You'll learn the basic exercises. Take your time and focus on your technique.

Here's what's coming up in your first week:

DAY 1 3x20 Alternating Reverse Lunges 3x10 Glute Bridge 3x10 Side Lying Hip Abduction	DAY 2 Rest day	DAY 3 3x20 Alternating Reverse Lunges 3x15 Glute Bridge 3x15 Side Lying Hip Abduction	DAY 4 Rest day
DAY 5 3x10 Reverse Lunges 3x20 Glute Bridge 3x15 Side Lying Hip Abduction	DAY 6 Rest day	DAY 7 Rest day	



ALTERNATING REVERSE LUNGES

In this exercise, you take a step back and then bring your leg forward again, one leg after the other.

Remember: Your upper body should remain upright, while your front knee should be in line with your front foot.

Easy mode: Do it without the weights.

Hard mode: Increase the reps, for example from 20 to 2

[Watch the video](#)

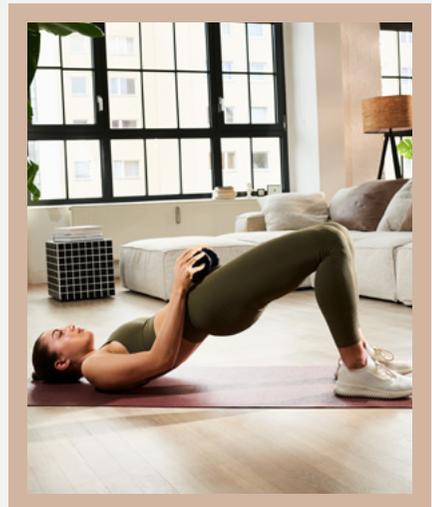
GLUTE BRIDGE

Hold one or both dumbbells against your pelvis while doing the exercise. Extend your hips upwards and tighten your glutes.

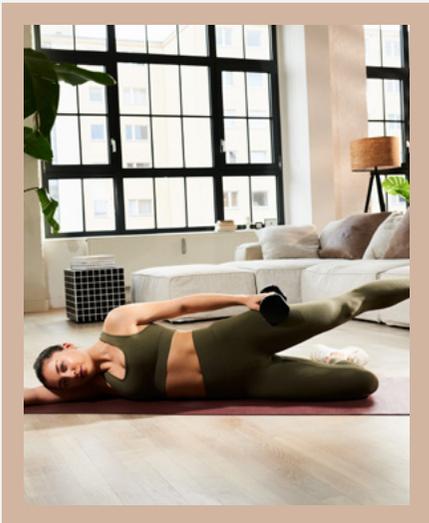
Remember: Keep your back straight and your heels on the ground.

Easy mode: Do it without the weights.

Hard mode: Do more reps or do the exercise with one leg only.



[Watch the video](#)



SIDE LYING HIP ABDUCTION

Lie on your side and lift your leg upwards.

Remember: Keep your toes pointed towards the floor and your pelvis straight.

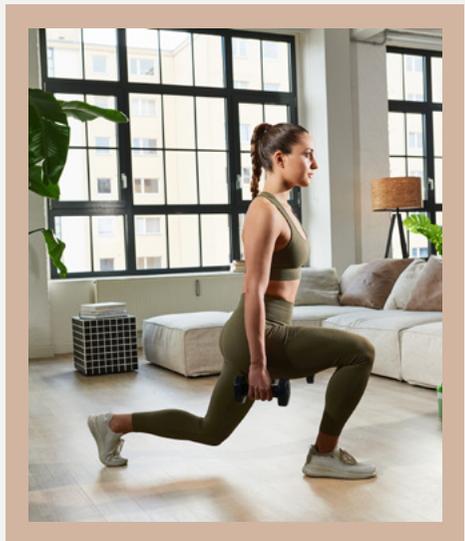
Easy mode: Do it without the weights.

Hard mode: Increase your range of movement. Lie on the end of a bench or couch so that your top leg has full freedom of movement and you can extend your leg further.

[Watch the video](#)

REVERSE LUNGES

Reverse lunges are similar to the alternating reverse lunge exercise. But you do all of the reps with one leg first, before switching to the other leg.



[Watch the video](#)

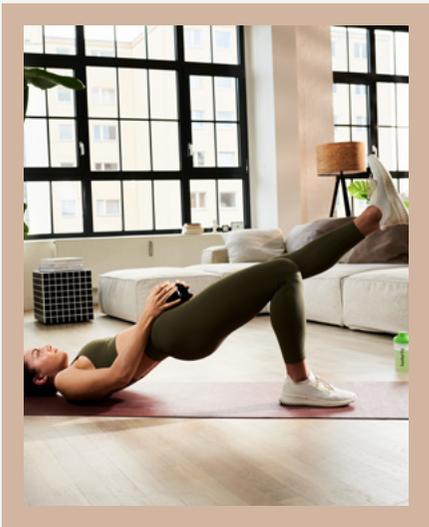
WEEK 2

Make Your Workout a Habit

You should be proud of yourself for having completed the first week. Now it's time to learn more challenging versions of the exercises. Keep at it: your butt will be looking great in no time!

What's coming up in the second week:

DAY 8 3x10 Reverse Lunges 3x8 Single Leg Glute Bridge 3x20 Side Lying Hip Abduction	DAY 9 Rest day	DAY 10 3x12 Reverse Lunges 3x10 SingleLeg Glute Bridge 3x20 Side Lying Hip Abduction	
DAY 11 Rest day	DAY 12 3x12 Reverse Lunges 3x10 Single Leg Glute Bridge 3x15 Clamshells	DAY 13 Rest day	DAY 14 Rest day



SINGLE LEG GLUTE BRIDGE

In the single-leg version of the glute bridge, one leg bears your entire weight. This requires more balance, too.

Remember: Keep your back straight and your heels on the ground.

Easy mode: Do without the weight or rest your top leg against the other knee.

Hard mode: Do more reps.

Watch the video

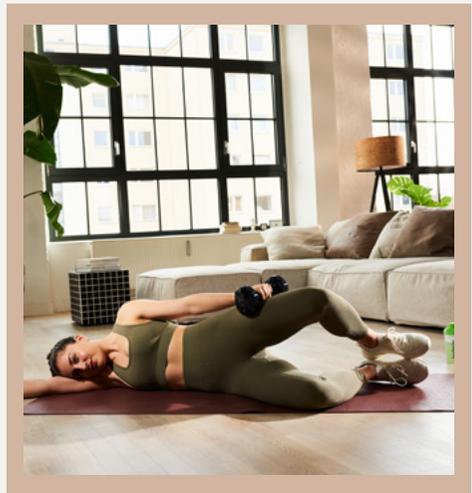
CLAMSHELLS

Lie on your side and hold your dumbbell above your knee.

Remember: Your hips should stay straight and your feet should stay together.

Easy mode: Do it without the weight.

Hard mode: Do more reps or use a resistance band.



Watch the video

Remember that your glutes need protein to get stronger*. Our [Whey Protein](#) or [Vegan Protein](#) shakes are quick to mix after your workout and provide 24 g protein per serving

*Protein assists with muscle growth.

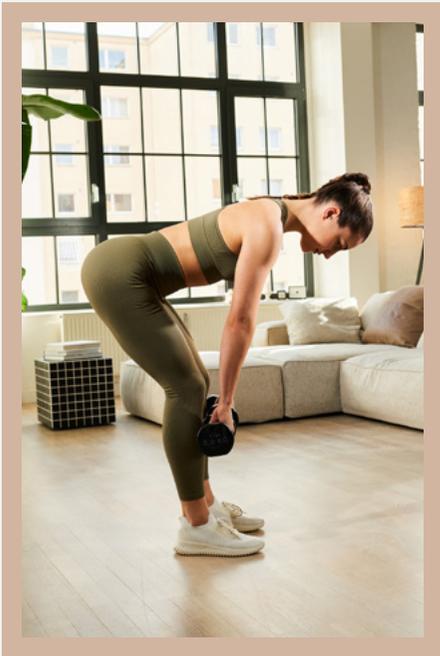
WEEK 3

You're Getting Stronger!

By this stage, you should be confident with the exercises, so now you can really step things up! It's time to incorporate a fourth exercise into your workout. You've got this! To get you even more motivated, mix up our [Energy Aminos](#) before your workout, for an extra energy boost.

Let's take a look at what's coming up in the third week:

DAY 15 3x15 Reverse Lunges 3x12 Single Leg Glute Bridge 3x15 Clamshells	DAY 16 Rest day	DAY 17 3x15 Reverse Lunges 3x12 Single Leg Glute Bridge 3x20 Clamshells	
DAY 18 Rest day	DAY 19 3x15 Reverse Lunges 3x15 Single Leg Glute Bridge 3x10 RDL 3x20 Clamshells	DAY 20 Rest day	DAY 21 Rest day



[Watch the video](#)

ROMANIAN DEADLIFT

The Romanian deadlift is essentially a hip flexing exercise with weights. It differs from classic deadlifts in that you don't bend your knees, but keep them semi-extended the whole time.

Remember: Start the movement by pushing your hips back. Keep your back straight and slide the dumbbells along your thighs towards your shins.

Easy mode: Do fewer reps.

Hard mode: Do more reps or do the exercise with one leg only.

WEEK 4

This is Only the Beginning!

You're coming into your last week. Good job! We have a few more variations on the exercises in store for you, plus 2 extra training days at the end. Let's finish strong!

It's your final week!

DAY 22 3x6 Bulgarian Split Squats 3x15 Single Leg Glute Bridge 3x10 RDL 3x20 Clamshells	DAY 23 Rest day	DAY 24 3x6 Bulgarian Split Squats 3x15 Hip Thrusts 3x12 RDL 3x10 Side Lying Hip Raise	DAY 25 Rest day	
DAY 26 3x8 Bulgarian Split Squats 3x20 Hip Thrusts 3x15 RDL 3x12 Side Lying Hip Raise	DAY 27 Rest day	DAY 28 3x8 Bulgarian Split Squats 3x6 Single Leg Hip Thrusts 3x8 Single Leg RDL 3x15 Side Lying Hip Raise	DAY 29 Rest day	DAY 30 3x10 Bulgarian Split Squats 3x6 Single Leg Hip Thrusts 3x8 Single Leg RDL 3x15 Side Lying Hip Raise

Remember you can always take an extra rest day if you need it.



[Watch the video](#)

BULGARIAN SPLIT SQUATS

Bulgarian split squats are a more difficult take on the classic lunge. Place your back leg on something raised to intensify the movement.

Remember: Keep your hips in line and your front knee in line with your foot.

Easy mode: Do without the weights or perform a classic lunge instead.

Hard mode: Increase the time under tension. Go low at first, pulse halfway, then down again, and only then straighten up fully.

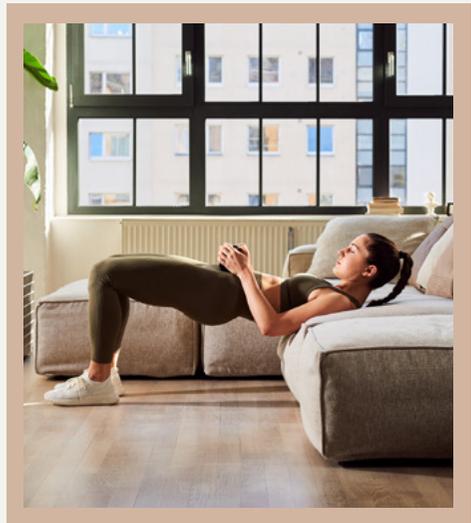
HIP THRUSTS

Lie down, with your shoulders propped up on a support. This will step up your movement for a more intensive exercise.

Remember: Extend your hips completely and tilt your pelvis back.

Easy mode: Do it without the weights.

Hard mode: Do more reps or do the exercise with one leg only.



[Watch the video](#)



[Watch the video](#)

SIDE LYING HIP RAISE

Position your elbow directly below your shoulder. Your knees and feet should be in a straight line.

Remember: As you come up, extend your hips forwards, while making moving your legs apart (abduction).

Easy mode: Do clamshells instead.

Hard mode: Do more reps or add a resistance band.

SINGLE LEG HIP THRUST

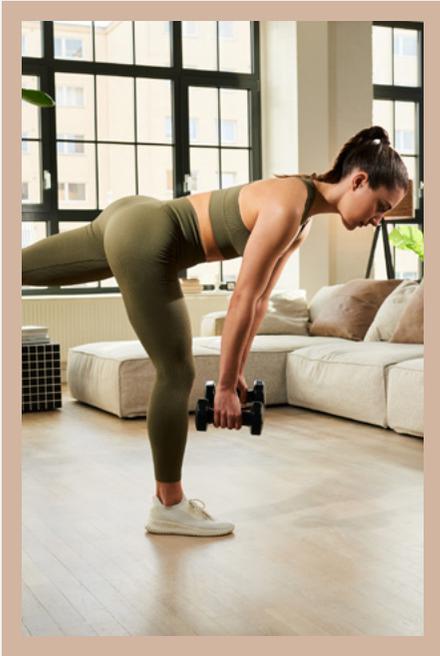
Remember: For single leg hip thrusts, place your feet closer together and make sure that they're centered.

Easy mode: Go for the B-Stance version. To do this, place your right leg slightly forward, balanced on the heel. Your left foot should be firmly planted on the floor. Do the exercise supported by your left standing leg; your right leg should just keep you steady. Then switch sides.

Hard mode: Do more reps.



[Watch the video](#)



SINGLE LEG ROMANIAN DEADLIFT

Remember: Pay attention to your back leg and keep your toes pointing to the floor. Keep your standing leg slightly bent and your back straight.

Easy mode: Hold onto a sturdy chair with one hand for balance. Hold a dumbbell in your other hand.

Hard mode: Do more reps or sets.

Watch the video

All done! You made it through the 30 days! You should be proud of yourself. How are you feeling? Are you finding the workouts easier than you did at the beginning? Are you feeling fitter and more energetic? Well, there's no need to stop now! Maintain your new lifestyle and keep training regularly, and try to step it up over time by adding in new exercises. You'll find more inspiration and workouts [here](#).