







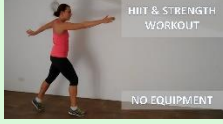







# 4 Weeks Butt Program

Fitness   
Type.com

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1		Rest	Rest		Rest		Rest
2	Rest		Rest		Rest		Rest
3		Rest		Rest	Rest		Rest
4	Rest		Rest	Rest		Rest	

Share your progress using [#fitnessstypeprogram](https://www.instagram.com/fitnessstypeprogram)

