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WEEK 2

You are more than a shadow, more than a name, a number, or a zip code. Do not let society define you by your ethnicity, job title, or gender, you were meant to become more and be more. You can define greatness, overcome trials and obstacles, and push through any pressure you face. You run from what others may stereotype as "normal" in this world. You are you.

MONDAY

4 SETS

- Front Squats x 20
- **Reverse Barbell Lunges** x 15 each
- Dumbbell Walking Lunges x 40 strides

4 SETS

- Walking Squats with resistance bands x 30 each leg
- Dumbbell Thrusters x 30
- Box Jumps x 20

WEDNESDAY

4 SETS

- Deadlifts - 2 inch deficit x 15
- Reverse Lunges - 2 inch deficit x 20
- Side Lunges x 15 each side

3 SETS

- Barbell Squats x 30
- Kettlebell Swings x 40
- Plié Kettlebell Squats x 30

FRIDAY

4 SETS

- Weighted Box Step-Ups x 20 each side
- Jump Squats
- Box Toe Touches x 40 each side
- Calf Raise x 40

1 SET

- Run 1 mile
- Jump Squats x 50
- Walking Lunges x 100 each side

MONOLITH ASHLEY HORNER 7

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Jul 5, 2016 - Ashley Horner's Sweet Cakes trainer (getting that "oh my gawd" booty) ... 12 Week Butt Exercise Routine - Free PDF for download or print is also Nikkis Vanilla Cake Batter Coconut Butter, 12 Ounce Paleo and Vegetarian Compatible ... Ashley horner lower my visual workout created at workoutlabs com ... at WorkoutLabs.com Click through to customize and download as a FREE PDF! ... diet,exercise strategies,weight loss - Foods they love Sweet Potato Flour, Sweet.

Here are 3 of my favorite booty exercises- you can keep the weight as light as you like and increase the rep Ashley has cemented herself as an inspiration and hard-to-beat athlete in the industry, and is represented by big companies such as The FREE pattern is provided by Blueprint's own Dawn Horner, instructor ... Designer Sweet Beads says that even a beginner can whip this necklace up in no time. ... This isn't just a PDF tutorial, either; in addition to the PDF eBook, you'll get ... Coffee-Shop Cakes: Good to the Last Crumb - Quick Quilted Gifts ...

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