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#Jenny



Finally I get this ebook, thanks for all these I can get now!

#Rio



Cool! I'am really happy

#Markus Jensen



I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

#Hun Tsu



wtf this great ebook for free?!

#Che Salsa



My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

**TAMMY HEMBROW BOOTY WORKOUT**  
WEEK 1-4  
MONDAY  
@TAMMYH  
BARBELL SQUATS  
3 SETS OF 12 REPS W/ 40KG  
(INCLUDING THE OLYMPIC BAR WEIGHT)  
SPLIT SQUATS  
3 SETS OF 12 REPS EACH LEG W/ 5KG PLATE  
WIDE STANCE LEG PRESS  
3 SETS OF 12 REPS W/ 40KG  
HYPER EXTENSIONS  
3 SETS OF 12 REPS W/ 10KG PLATE  
BARBELL HIP THRUSTS  
3 SETS OF 12 REPS W/ 40KG  
(INCLUDING THE OLYMPIC BAR WEIGHT)  
CABLE KICKBACKS  
3 SETS OF 15 REPS PER LEG W/ 10KG

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