

BE CONFIDENT, GET STRONG & TONE YOUR BODY

THE 30-DAY BOOTY BAND WORKOUT CHALLENGE

30-DAY SCHEDULE
5-WEEK PLAN
BONUS WORKSHEET

WORK out anywhere & anytime
PUSH your limits
BURN fat
BUILD more muscle

THIS
ACTIVE

Disclaimer

For your safety, please read through and carefully follow the instructions in this exercise manual. The information and recommendations comprised in this e-book do not represent medical advice, but the author's opinion and should be treated as such. The purpose of this e-book is solely informational and educational.

Please note that you should get your doctor's approval or discuss with a qualified health practitioner before starting any new diet or exercise program. If, at any time while using the resistance bands or doing the exercises, you feel any pain or discomfort, please stop use or workout and consult your physician.

Not all exercises comprised in this e-book may be appropriate for all individuals. Please use caution and carefully follow instructions and use proper technique when using the ThiqActive Booty Bands. Always modify the exercises in this e-book according to your fitness level.

You can read and use this e-book at your own risk. Its authors and distributors do not take any responsibility for any direct or indirect injuries or health conditions occurring after following the exercises, programs and opinions comprised in this e-book.

If you have any questions, concerns or comments about ThiqActive Booty Bands, please contact Customer Service at support@thiqactive.com and we will be happy to help.

Safety Instructions

To prevent any injuries or property damage, we recommend you read and follow the use and safety guidelines below when using any of the equipment in the exercises described in this e-book:

- Inspect your booty band before you start exercising. Look for any scratches, holes, tears, worn areas, or loose stitching. If you find any defect, DO NOT USE the equipment.
- Do not exercise on rough or irregular surfaces. It is recommended that you use a yoga mat.
- Ensure there are no obstructions or sharp objects in your workout area.
- Only use the booty bands as intended and demonstrated in this guide. Any inappropriate use may lead to serious injury or property damage. The authors and distributors of this e-book are not responsible in any way for problems arising from the misuse of equipment.
- Exercise equipment is not a toy. KEEP OUT OF REACH OF CHILDREN, pets, or any individual requiring special supervision.
- Stop exercising immediately in case of any discomfort, nausea, dizziness, or pain. Seek a physician's help if you experience chest or stomach pain, palpitations, or have any difficulty breathing.

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Booty Band Care Instructions

The ThiqActive Booty Bands are made from high-quality materials and have additional, protective interior layers that prevent the bands from rolling up, pinching your hairs, slipping or breaking.

If used and cared for properly, the booty band will be with you for a very long time. For best results and to avoid creasing, please store your booty band flat when you're not working out with it.

You can hand or machine wash the booty band, but please do not use bleach to protect the fabric. You can also choose machine or line drying for your booty band's care.



Booty Band Use Instructions

The ThiqActive Booty Bands are resistance bands that you can use to add an extra challenge to your natural movements while exercising. When using the bands, you'll get more out of your workouts – they blast your booty, tone your legs and sculpt your curves. All for quicker and easier fat loss and muscle burn. Simply place them around your legs or arms (depending on what exercise you are doing) and they will improve your posture and challenge your movements.

The ThiqActive Booty Bands have 3 different resistance levels, fit for everyone: Light Purple Band/ Dark Yellow (heavy resistance), Candy Crush Pink Band (medium resistance), Mint Green Band (light resistance).

Our recommendations

You are free to choose and use any of the different resistance level ThiqActive booty bands, depending on your fitness level and how much you want to challenge yourself during your workout. We've put together some general recommendations for the best booty band/exercise combos:

- For lower body exercises
 - Light Purple/Dark Yellow Band - Heavy resistance
 - Candy Crush Pink Band - medium resistance
- For upper body exercises
 - Candy Crush Pink Band - medium resistance
 - Mint Green Band - Light resistance
- For full-body exercises
 - Light Purple Band - Heavy resistance
 - Candy Crush Pink Band - medium resistance
 - Mint Green Band - Light resistance

ThiqActive Booty Band Benefits

Improved posture – the resistance you get from the booty band helps you align your posture and better control your movements. This prevents injuries and helps you perform the exercises with more precision.

Burn more fat and calories – adding resistance to your normal workout routine increases the number of calories you burn during your exercises because you have more load. This makes your workouts more efficient and helps you reach your fat loss goals faster.

Tone muscles fast – Another major benefit of adding a challenge to your workout with resistance booty bands is that you improve your form and, therefore, your performance. This way you build more muscle in a shorter time by targeting the muscles you are working on just right.

Sculpt everything. They don't just work your lower body – the ThiqActive Booty Bands are a great addition no matter which area of your body you are working on. Booty bands are known for their glute, hamstrings, quads and hips benefits and their leg muscle activation advantages. A lesser known fact is that they are also great for improving and challenging your core, back and ab workouts.

Improve your strength, endurance and cardio health – when you work out regularly and you add on the challenge of using a booty band, your overall health levels improve. Over time, you build more stamina and your muscles grow stronger, helping you work out better and for longer stretches at a time. This also helps reduce strain on your heart and other vital organs.

Get faster results – using the booty bands helps sculpt your body's every angle by improving your form and adding more load to your exercise movements. Your workouts will be more efficient and you will see results in less time than you would without using the booty bands.

Highly efficient – our booty band's design may be simple, but it's effects are intense. It may not look like a dumbbell or kettlebell or an exercise machine, but the increased resistance and load the booty band adds are the key to getting you closer to your body and booty goals. Using it just once will turn you into a believer guaranteed.

Super accessible – the ThiqActive booty bands come in a bonus carry bag, which makes it easy for you to store and take them with you anywhere. Use them on vacation or lose the gym membership and use them to do your workouts at home. You can even use them at work, on your break. Get creative with your workouts and you'll soon see the results.

Our Mission at ThiqActive

We started ThiqActive with a mission to empower women and ignite their passion for self-care and well-being. We want to motivate them to have better health goals and increased fitness levels through better nutrition, more efficient exercises and killer workout gear.

With our busy lives and all the “perfect body” images we see everywhere, it can be hard sometimes to feel good about yourself and your body. We often feel dissatisfied and have a hard time accepting our own bodies and curves. Well, not anymore!

We believe bodies come in all shapes and sizes and “perfect” is just a word. If you want to change something, you must begin from the inside and be ready to accept yourself for who you are. You have to find the motivation that will drive you to achieve your nutrition and fitness goals and feel amazing about yourself. We’re determined to help you find that inner voice.

That’s why we’ve created the ThiqActive Booty Bands. They are the perfect no-excuse, go-to equipment that will get you more results faster. We all want that, right? By putting more load and adding resistance to your form and movements, the booty bands can help you get results in as little as **10 minutes a day**.

Of course, results cannot be guaranteed and it all depends on how committed you are and on your fitness and health levels. But, the booty band is a proven and effective way to improve muscle activation and burn more fat. You’ll see that with as little as 10 minutes a day you’ll be improving your fitness level and burning more calories!

Go to the next page to track your 30-Day THIQ Booty Challenge progress

30-Day Challenge Worksheet

START DATE

...../...../.....

PRE-CHALLENGE METRICS

Height	Weight	Tummy circumference	Thigh circumference
Inches/cm	Lbs./kg.	Measure around your waist keeping the tape measure level with your belly button	Measure the fullest part of your thigh wrapping the tape measure around

MY CHALLENGE GOALS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

30-Day Challenge Worksheet

END DATE

...../...../.....

POST-CHALLENGE METRICS

Height

Weight

Tummy
circumference

Thigh circumference

Inches/cm

Lbs./kg.

Measure around your waist
keeping the tape measure
level with your belly button

Measure the fullest part of your
thigh wrapping the tape measure
around

CHALLENGE RESULTS

Weight

Tummy circumference

Thigh circumference

Track Your Goals – Before & After Photos

Take ‘Before’ and an ‘After’ Photos to Document Your Progress

You'll want to document your progress just right during the 30-day booty band workout challenge, so you can feel proud and empowered by your muscle-toning and fat-burning results. Here are a few tips and tricks that will help you take the best ‘before’ photo:

How to take the photos

- The before photo should ideally be made up of two photos – a front-view photo and a side-view one
- Make sure the photo captures the entire length and width of your body
- Hold your feet together, stand up as straight as you can and hold the arms slightly away from your body



Where and when to take the photos

- Try taking the photos using the same angle
- Take the photos in the same room and wear the same clothes or something very similarly fitting
- Do it at the same time of day – chances are you will feel more bloated in the evening and less so in the morning
- Take one photo before you start the challenge, one at the end of each week and a final one when you are done with crushing the challenge!

Let us and everyone else be a part of your journey – share your progress on Facebook and Instagram using the hashtag

#thiqbootychallenge

Tips to Help You Get & Stay Motivated

- ✓ **Set Clear Goals** – visualize where you want to go and don't let go of that image. It will help you stay motivated whenever any challenges arise
- ✓ **Find the time & commit** – try to clearly schedule your workouts if you can or fit them into your usual schedule whenever possible. The most important thing is to stay consistent and commit to your goals.
- ✓ **Don't skim on nutrition** – no workout routine is complete without the right balance of good nutrition. Be mindful of what things you eat and drink and ask yourself if what you consume is supporting your fitness goals.
- ✓ **Hydrate, hydrate, hydrate** – we can't stress this enough. Staying hydrated during your workout and also in your daily life is very important. Our bodies are 60% water and a constant supply of fresh water to your system improves your health and also helps sustain your fat loss goals.
- ✓ **Start small and build over time** – don't be too hard on yourself. Depending on the fitness level you start from, some exercises will feel harder than others and you may have trouble keeping up with the routine. Remember to always be kind to yourself and take your journey one step at a time.

- ✓ **Be consistent** – the only way to build a new habit is to stay consistent. On average, it takes between a few weeks to 60 days to build a new habit. So, don't lose sight of your objectives and keep putting in the work. The results will soon show.
- ✓ **Share your progress and your journey** - one of the most efficient ways to hold yourself accountable for sticking to your goals is to have someone else do it for you. Let your friends and family know you've decided to improve your health and fitness levels and ask for their support.
- ✓ **Don't forget to add some rest** – as much as we advocate for challenging and pushing yourself to get the results you want, resting is a very important part of the process. If you don't allow your body time to recover, it won't be able to perform at optimal levels.
- ✓ **Document your progress** – to help you stay motivated and see the results you are getting from your workouts, take some before and after pictures. They will serve as a great reminder of why and where you started from and how well you are progressing.

Fat Loss Facts

Fact 1 – High intensity vs. resistance training

While high-intensity cardio exercises are known as the best way to burn fat, that option is not for everyone. You need a lot of energy and high levels of endurance to keep up this kind of fitness routine. Resistance training is the most accessible and all-around efficient way to consistently burn excess fat because it requires average levels of strength and endurance. That's why it is the most effective way to stay consistent.

Fact 2 – Targeting problem areas

Although it would be ideal, it's not actually possible to lose fat from just one part of your body. We all have certain areas we like less and would like to specifically improve on. But, the truth of the matter is that fat loss happens when you work your entire body and when you sustain your fitness routine with the correct nutrition. So, avoid too many carbs, processed fats and, most importantly, be mindful of the number of times and the times of day you eat. Midnight snacking on brownies should be out of the question if you want results.

Fact 3 – Don't focus on the number on the scale

When you are working out, you burn fat and build muscle. That will show on the number you see on the scale, but maybe not in the way you expect it to. When you start feeling results, you may expect to also see a bigger change in the weight you've lost. You must remember that while fat is lost, muscle is gained so where one takes away, the other adds back. Focus instead on how you feel and look.

Muscle Building Facts

Fact 1 – Don't overdo it

When you perform resistance exercises, your body responds to the stress you put on your muscles by repairing them and adding more tissue to make them stronger for your next session. For the best results, you need to increase the resistance levels you use in your workouts gradually.

Fact 2 – Don't skip the warm-up

When you set your goals, remember to be realistic. Don't try to do too much at one time and never skip the warm-up. Warming up the muscles before stressing them is important because the muscle fibers need to be supplied with oxygen. Plus, warming them up will also allow you to fully stretch them during your workout.

Fact 3 – Rest is important

Your muscles actually start growing after your workout, when they fix the micro-tears caused by the workout. So, try you allow around 48 hours between workouts targeting the same muscle groups to let the muscle recovery process work its magic.

Nutrition Tips

- ✓ **Avoid junk food** - nutritionists advise against eating salty and sugary snacks and highly processed foods. For best results, try to avoid them altogether.
- ✓ **Avoid trans fats** – (also called trans-unsaturated fatty acids) they should be avoided as they are associated with several negative health effects.
- ✓ **Avoid sugary drinks** – they are one of the most fattening and high-calorie things you can consume.
- ✓ **Eat more nuts** – they are very nutritious and packed with magnesium, vitamin E, fibers, and other nutrients.
- ✓ **Eat enough protein** – it is very important for your overall health levels and it helps with weight loss.
- ✓ **Eat fish** – it's high in protein and also contains the healthy kind of fats.
- ✓ **Eat veggies & fruit** – they are high in prebiotic fiber, vitamins and minerals, as well as antioxidants.
- ✓ **Use spices and olive oil** – they have awesome antioxidant effects.
- ✓ **Drink plenty of water** – water can also help with fat burn and drinking 2 liters per day is very beneficial for your health.



THE 30-DAY CHALLENGE

The 30-Day Workout Challenge Schedule

Part 1

DAYS 1-15		
DAY	WORKOUT	DURATION
1	LOWER BODY WORKOUT #1	24 MIN
2	UPPER BODY WORKOUT #1	20 MIN
3	FULL BODY WORKOUT #1	20 MIN
4	REST DAY	
5	LOWER BODY WORKOUT #2	21 MIN
6	UPPER BODY WORKOUT #2	20 MIN
7	FULL BODY WORKOUT #2	20 MIN
8	REST DAY	
9	LOWER BODY WORKOUT #1	24 MIN
10	UPPER BODY WORKOUT #2	20 MIN
11	FULL BODY WORKOUT #1	20 MIN
12	REST DAY	
13	LOWER BODY WORKOUT #2	21 MIN
14	UPPER BODY WORKOUT #1	20 MIN
15	FULL BODY WORKOUT #2	20 MIN

The 30-Day Workout Challenge Schedule

Part 2

DAYS 15-30		
DAY	WORKOUT	DURATION
16	REST DAY	
17	LOWER BODY WORKOUT #1	24 MIN
18	UPPER BODY WORKOUT #2	20 MIN
19	FULL BODY WORKOUT #2	20 MIN
20	REST DAY	
21	LOWER BODY WORKOUT #2	21 MIN
22	UPPER BODY WORKOUT #2	20 MIN
23	FULL BODY WORKOUT #1	20 MIN
24	REST DAY	
25	LOWER BODY WORKOUT #1	24 MIN
26	UPPER BODY WORKOUT #1	20 MIN
27	FULL BODY WORKOUT #2	20 MIN
28	REST DAY	
29	LOWER BODY WORKOUT #2	21 MIN
30	UPPER BODY WORKOUT #1	20 MIN

The 30-Day Workout Challenge Weekly Plan

WEEK 1

MON	TUE	WED	THU	FRI	SAT	SUN
LOWER BODY WORKOUT						
✓				✓		
UPPER BODY WORKOUT						
	✓				✓	
FULL BODY WORKOUT						
		✓				✓
REST						
			✓			

WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
LOWER BODY WORKOUT						
	✓				✓	
UPPER BODY WORKOUT						
		✓				✓
FULL BODY WORKOUT						
			✓			
REST						
✓				✓		

WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
LOWER BODY WORKOUT						
		✓				✓
UPPER BODY WORKOUT						
			✓			
FULL BODY WORKOUT						
✓				✓		
REST						
	✓				✓	

WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
LOWER BODY WORKOUT						
			✓			
UPPER BODY WORKOUT						
✓				✓		
FULL BODY WORKOUT						
	✓				✓	
REST						
		✓				✓

WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
LOWER BODY WORKOUT						
✓						
UPPER BODY WORKOUT						
	✓					

READY?
LET'S GET STARTED!



Warm-Up

It's paramount that you prepare for your workout and warm up the muscles before putting any stress on them. This prevents soreness, injuries and allows for more flexibility while performing the exercises. Use the warm-up described below before all your workout sessions. It only takes 5 minutes and your body will thank you for doing it.

EXERCISE	SETS	NO. OF REPS/ TIME	REST
Jumping jacks	1	10	0 sec
Stationary sprints or walk	1	30 secs.	0 sec
Cross-body toe touches	1	12	0 sec

HOW TO – WARM-UP EXERCISES

JUMPING JACKS

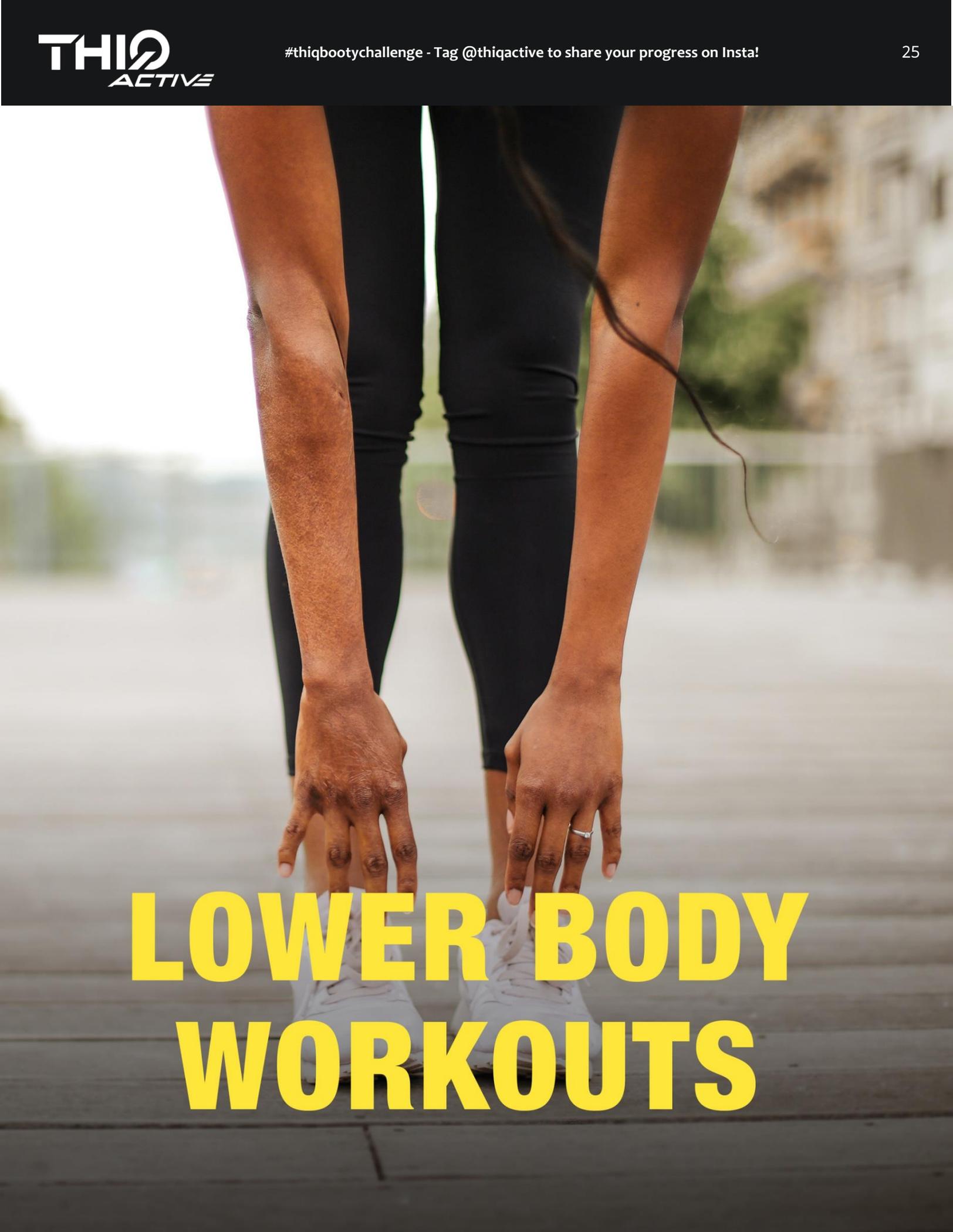
Jump in place with your legs spread wide and the hands going over your head. Clap and return to initial position with the feet together and arms at your sides.

STATIONARY SPRINTS OR WALK

Begin in a standing position. Raise and lower knees one at a time like you would when running, only you are doing it in place. Go as fast as you can for more burn.

CROSS-BODY TOE TOUCHES

Keep your feet wider than hip-distance. Lower your upper body to touch the toe of the opposite leg with your hand. Return and repeat with other arm and leg.

A person is shown from the waist down, wearing black leggings and white sneakers. They are standing on a paved surface, possibly a sidewalk or a path, with their hands reaching down to touch their ankles, indicating they are stretching. The background is a blurred outdoor setting with trees and a building. The text "LOWER BODY WORKOUTS" is overlaid in large, bold, yellow letters at the bottom of the image.

**LOWER BODY
WORKOUTS**

LOWER BODY WORKOUT #1

STEP 1: WARM UP - 5 minutes (see page 24 for details)

STEP 2: THE WORKOUT - 4 sets x 6 minutes = 24 minutes

SQUAT - 12 repetitions



How to:

Place the booty band flat just above knees. Chest is up and spine neutral. Keep weight on heels and feet a little wider than the hips.

Push your booty back and bend at the hip. Keep sending hips backward as the knees bend, like sitting in a chair.

Squat down until your hip joint goes lower than your knees.

Come back up and repeat.

Pro tips:

Wiggle toes to check correct posture and that weight is on heels.

Point toes slightly outward (5 to 20 degrees).

For balance, pick a spot on the wall in front and keep gaze straight ahead.

Don't let knees go inward, keep them in line with feet.

ALTERNATING SIDE STEP – 12 repetitions x each side



How to:

Place the booty band flat just above ankles. Keep feet wider than shoulders.

Bend knees into a squat position. Shift weight over one leg and take a step sideways with the other leg. Bring other leg in and repeat on the other side.

Pro tips:

For more difficulty, reach arms above your head.

SQUAT WITH LEG LIFT – 12 repetitions x each side



How to:

Place the booty band flat just above knees. Chest is up and spine neutral. Keep weight on heels and feet wider than hips.

Push your booty and hips back as the knees bend, like sitting in a chair. Squat down until your hip joint goes lower than your knees. Come back up and lift one leg to the side.

Pro tips: *More difficulty: reach arms over head.*

BRIDGE – 12 repetitions

How to:

Place booty band above the knees. Lying on your back with your hands at the sides, bend your knees and bring feet under the knees, holding them firmly on the floor.

Engage abs and buttock muscles, and push yourself up. Raise the hips to make a straight line from your knees to your shoulders.

Pro tips:

Engage core and pull belly button into spine.



BRIDGE PULSES – 12 repetitions

How to:

Place booty band above the knees. Lying on your back with your hands at the sides, bend your knees and bring feet under the knees.

Engage your abs and buttock muscles, and push yourself up. Keep the hips up and pulse for 5 seconds before you come back down.

Pro tips:

Lift one leg up when pulsing for more difficulty.



STEP 3: COOL DOWN – 5-minute stretching session (see pages 46-47 for details)

LOWER BODY WORKOUT #2

STEP 1: WARM UP – 5 minutes (see page 24 for details)

STEP 2: THE WORKOUT – 3 sets x 7 minutes = 21 minutes

FIRE HYDRANT – 20 repetitions x each side



How to:

Place booty band above your knees. Get on your hands and knees, with the shoulders right above hands and keeping the legs bent at a 90-degree angle.

Engage core and look straight ahead.

Open and raise one leg to the side at a 45-degree angle with the knee at 90 degrees.

Engage raised leg and hold for a second. Lower the leg back down and repeat.



Pro tips:

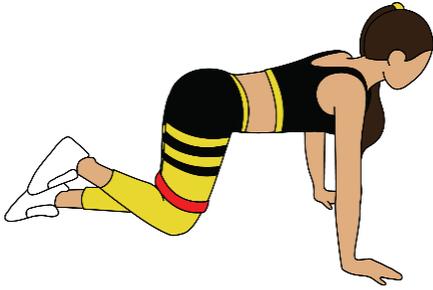
Don't let your core sink down. Keep it engaged.

Keep neck and spine neutral.

The movement should only come from the hip to activate hips and glutes.

When lifting your leg, point it toward the opposite wall to rotate it correctly.

DONKEY KICK – 20 repetitions x each side



How to:

Place booty band above your knees. Come down on your hands and knees, keeping the knees at a 90-degree angle.

Lift one leg with the knee bent. Engage the glute to push foot up toward the ceiling. Squeeze at the top.

Lower leg and repeat.



Pro tips:

Keep core engaged and spine neutral.

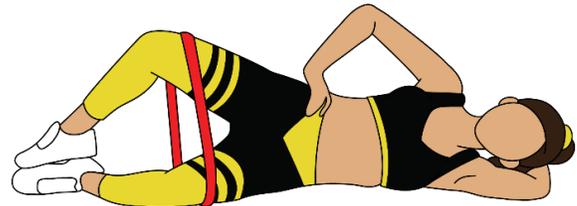
CLAMSHELLS – 20 repetitions x each side



How to:

Place the booty band flat just above knees. Lie on your side and slightly bend knees, stacking your legs.

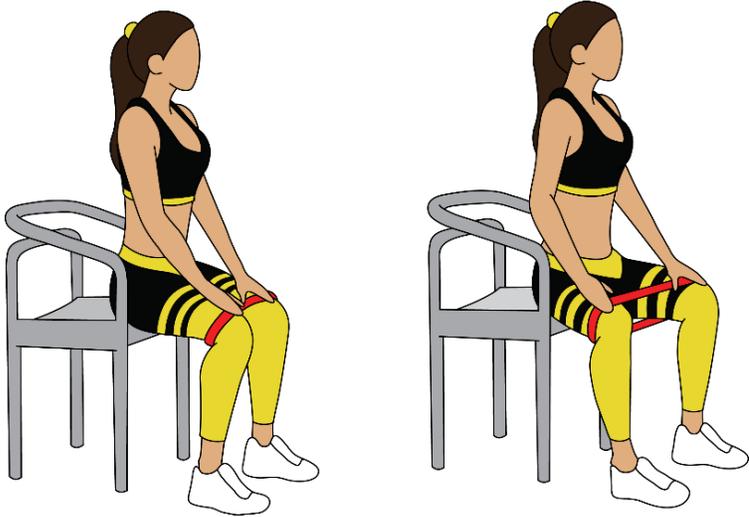
Keep the feet together as you raise one knee. Lower knee back in and repeat.



Pro tips:

Engage the core and keep the spine neutral.

SEATED HIP ABDUCTION – 20 repetitions



How to:

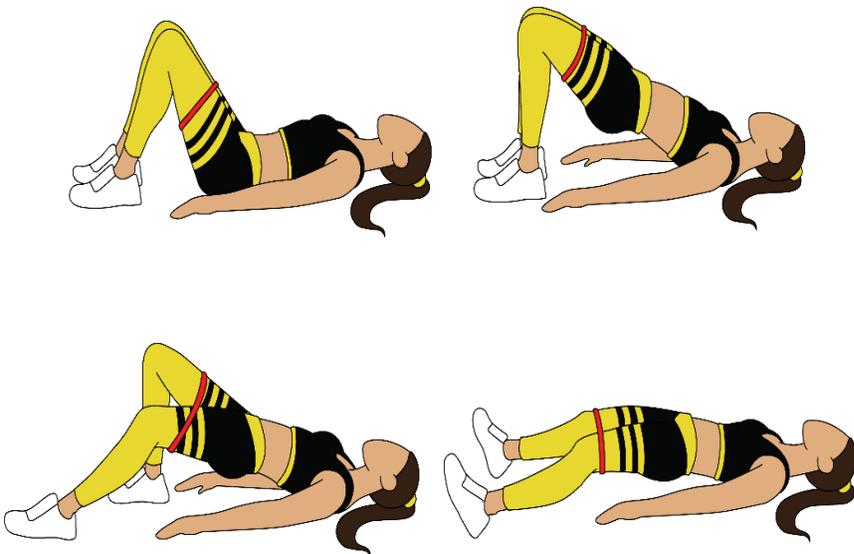
Sit on a bench or chair. Keep back straight and feet on the floor.

Place the booty band around both legs, above the knees. Push knees away from each other and then pull them back to close them.

Pro tips:

Keep your back and core engaged.

HAMSTRING WALKOUT – 10 repetitions x each side

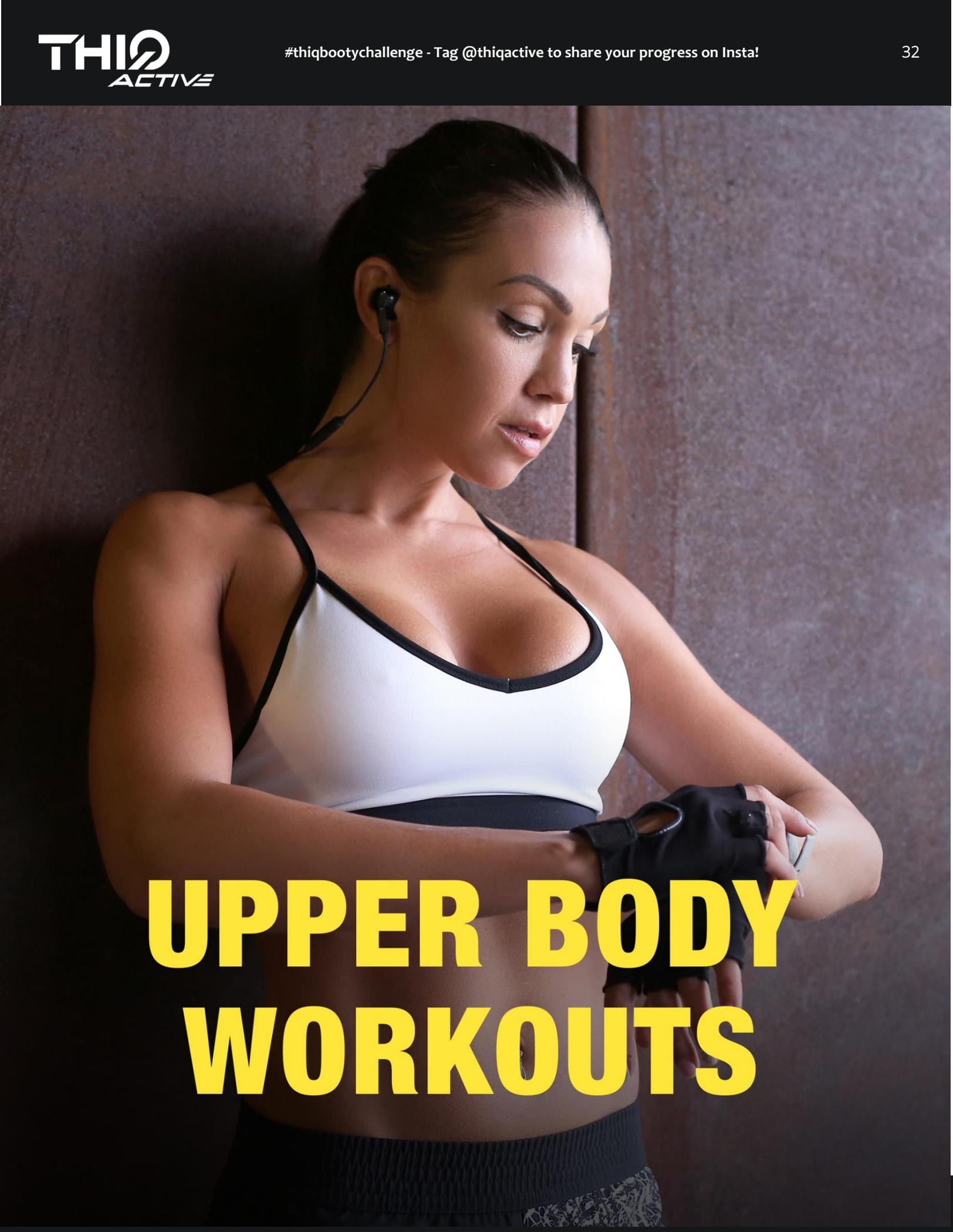


How to:

Begin in a bridge position with booty band above your knees. Raise your hips and begin taking short, alternating steps. Continue until your legs are fully extended and your weight is supported on your heels. Hold briefly, and then walk back to initial position.

Pro tips: *Keep your back and core engaged.*

STEP 3: COOL DOWN – 5-minute stretching session (see pages 46-47 for details)

A woman with dark hair tied back, wearing a white sports bra with black trim and black fingerless gloves. She is looking down at her left wrist, possibly checking a smartwatch. The background is a textured, brownish wall.

UPPER BODY WORKOUTS

UPPER BODY WORKOUT #1

STEP 1: WARM UP - 5 minutes (see page 24 for details)

STEP 2: THE WORKOUT - 4 sets x 5 minutes = 20 minutes

ROW - 30 repetitions



How to:

Begin standing up straight, engaging your core and legs. Place the booty band around your wrists.

Bend the arms at 90 degrees and the forearms parallel to the floor.

Pull the elbows back until the band touches your abs and you feel your back muscles engage.

Pro tips:

Keep your back and neck straight.

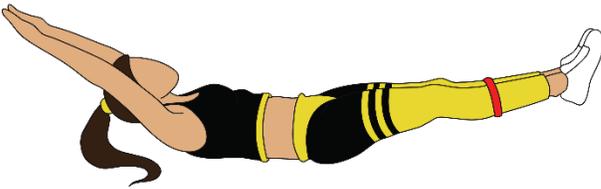
Don't let your core bend forward.

Engage abs and legs at all times.

BANANA – 20 repetitions

How to:

Lie down on the floor with your legs together and arms extended overhead. Place booty band just below your knees.



Slowly raise your upper body and legs off the floor to form a banana-like curve. Return to starting position and repeat.

Pro tips:

Pull your belly button in toward spine.

PLANK WITH TAP – 12 repetitions x each side

How to:

Place the booty band above the knees.



Position your body in plank, making a straight line from your heels to the tip of your head.

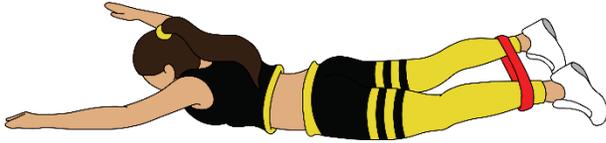
Take one arm to the shoulder and tap it gently.

Bring arm back to plank position and repeat.



Pro tips: *Do not let your core sink. Keep it engaged at all times.*

SUPERMANS – 12 repetitions



How to:

Lying flat on your belly, place the booty band around your ankles. Extend your arms in front and your legs behind.

Engage arm and leg muscles and raise arms and legs off the floor. Hold for 3 seconds and come back to starting position. Repeat.

Pro tips:

Don't over-extend. Keep all muscles engaged.

REVERSE SHOULDER PRESS – 20 repetitions x each side



How to:

Standing up straight with the core engaged, grab the band by each end and raise the arms above your head.

Pull one arm down into a 90-degree position while keeping the other arm above your head. Repeat 20 times and switch arms.

Pro tips:

Keep the abs engaged and spine neutral.

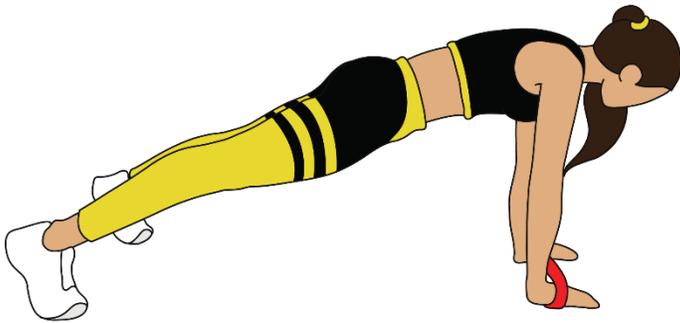
STEP 3: COOL DOWN – 5-minute stretching session (see pages 46-47 for details)

UPPER BODY WORKOUT #2

STEP 1: WARM UP - 5 minutes (see page 24 for details)

STEP 2: THE WORKOUT - 4 sets x 5 minutes = 20 minutes

PLANK WITH ROW - 12 repetitions x each side



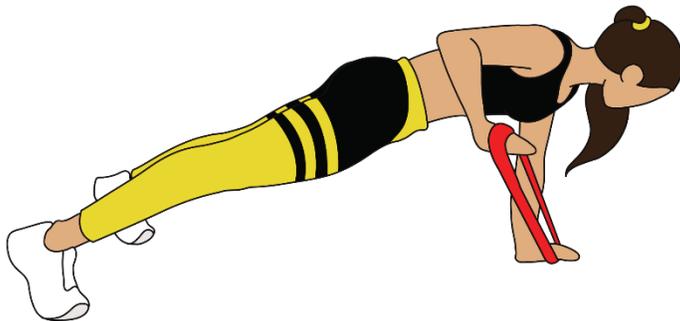
How to:

Position your body in plank, making a straight line from your heels to the tip of your head.

Place the booty band under one of your palms to hold it in place.

Grab the band with the other arm and pull toward your hip bending the arm.

Bring arm back down gently and repeat.



Pro tips:

Do not let your core sink.

Keep core engaged at all times.

For more difficulty, add a booty band around your ankles or under knees.

SINGLE ARM LAWNMOWER ROW – 20 repetitions x each side



How to:

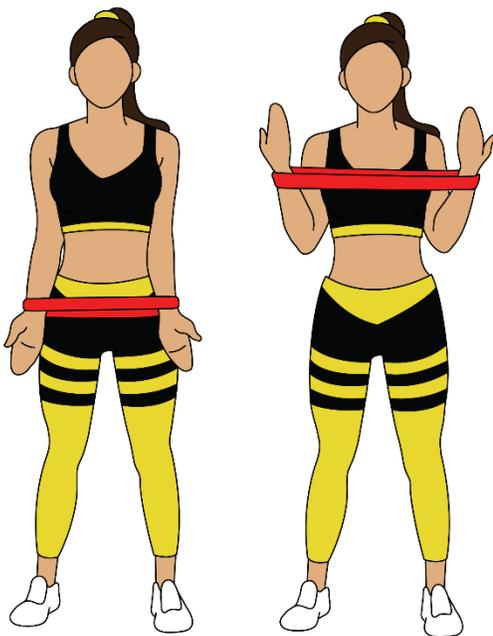
Start in a lunge position, with one knee in front and the back knee down on the ground. Place booty band under the front foot and grab it with the opposite hand.

Pull the booty band back, squeeze the bicep.

Pro tips:

Keep your core engaged and straight.

BICEP CURLS – 20 repetitions



How to:

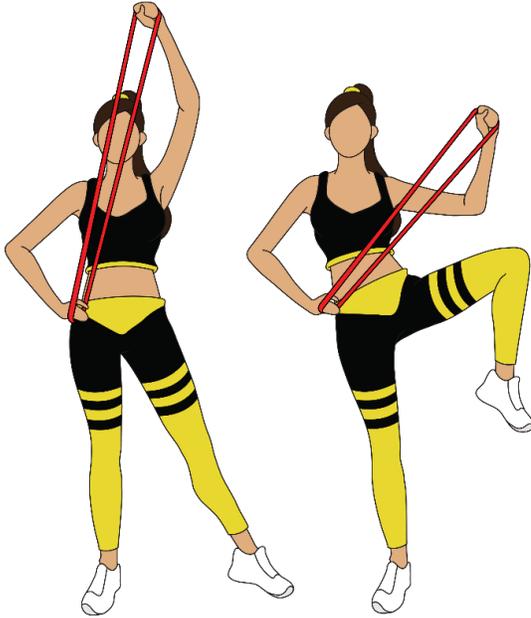
Stand up straight and engage your body. Place the mini band around your wrists. Keep the arms lowered resting on top of your thighs.

Curl upper arms in toward your shoulders bringing the palms in to the shoulders. Bring arms back down and repeat.

Pro tips:

Engage the core and keep the spine neutral.

STANDING OBLIQUES – 20 repetitions



How to:

Stand up straight and grab the booty band with both hands. Raise one arm above your head.

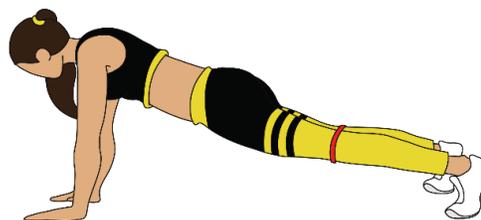
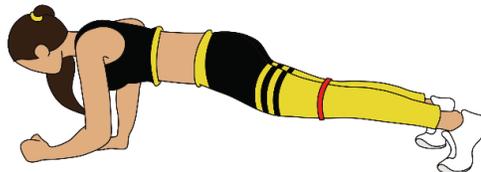
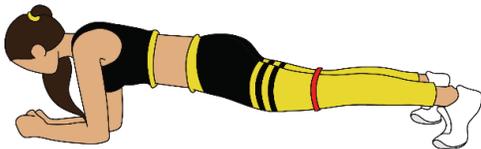
Bend to the side with the raised arm and bring it down trying to tap your knee with your elbow.

Return to initial position and repeat.

Pro tips:

Keep your core engaged and back straight.

COMMANDOS – 10 repetitions x each side



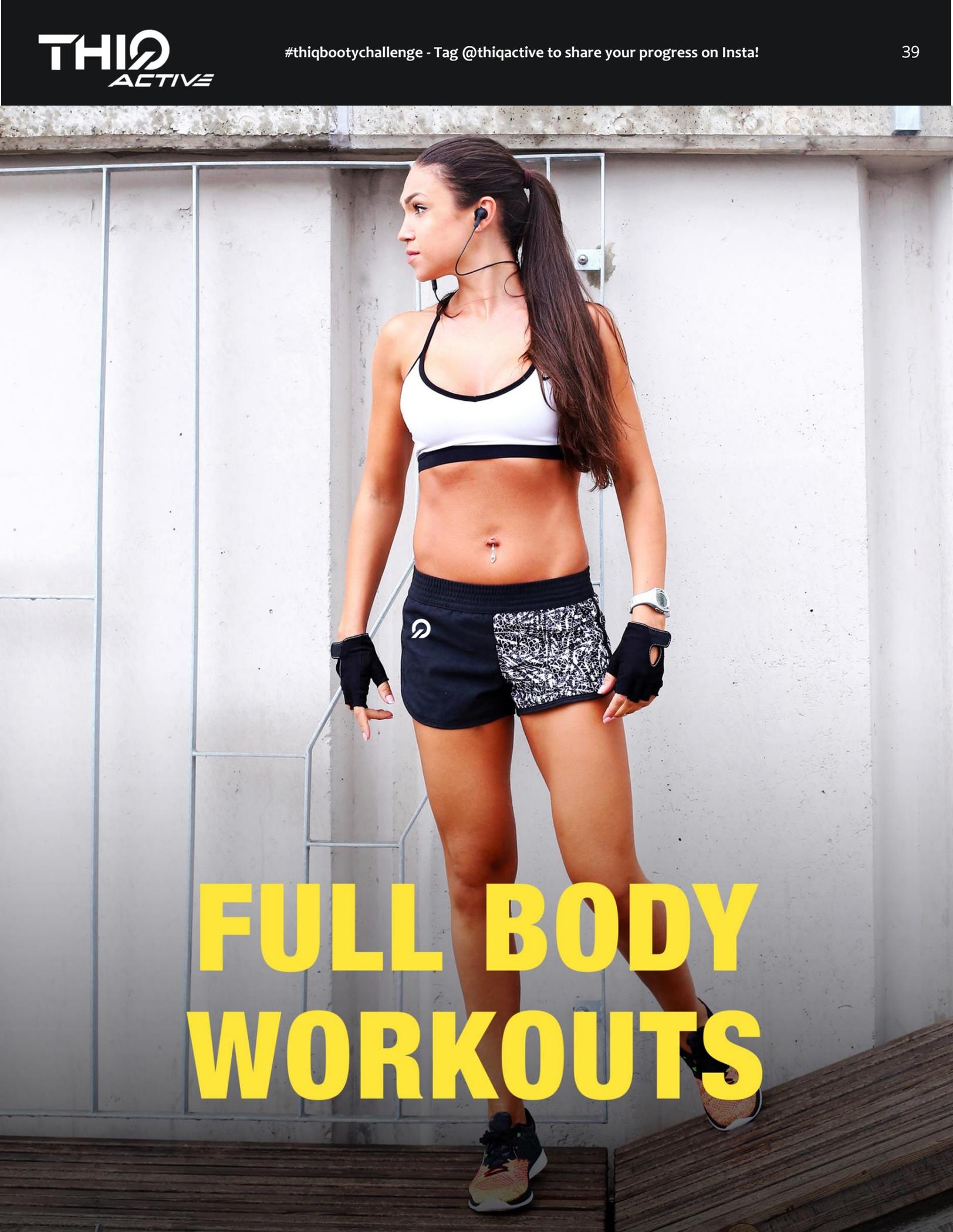
How to:

Place booty band below your knees. Start in a plank position, with your forearms on floor.

Raise your body by getting off your forearm and placing one palm on the floor. Place other palm on the floor. Lower first arm back followed by the second. Repeat.

Pro tips: *Do not let your core sink. Keep it engaged at all times.*

STEP 3: COOL DOWN – 5-minute stretching session (see pages 46-47 for details)

A woman with long dark hair in a ponytail, wearing a white sports bra with black trim, black shorts with a white patterned side panel, black fingerless gloves, a white smartwatch, and black and white sneakers. She is standing on a wooden deck in front of a metal gate, looking to her left.

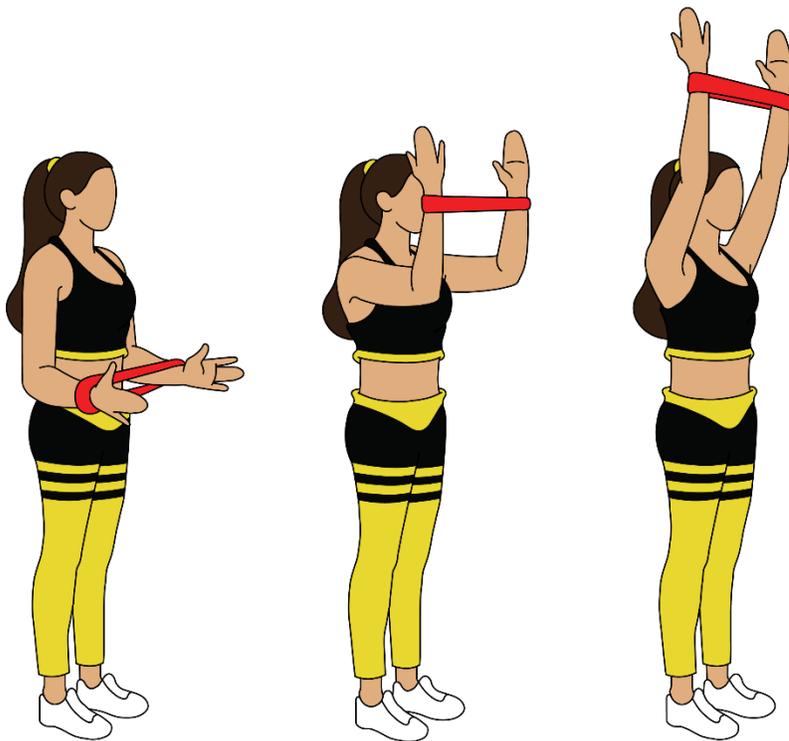
FULL BODY WORKOUTS

FULL BODY WORKOUT #1

STEP 1: WARM UP – 5 minutes (see page 24 for details)

STEP 2: THE WORKOUT – 4 sets x 5 minutes = 20 minutes

SHOULDER PRESS – 20 repetitions



How to:

Start by standing up straight engaging your core and legs. Place the booty band around your wrists.

Keep your arms bent at 90 degrees and your forearms parallel to the floor.

Lift your arms up above the head pushing them against the booty band.

Slowly lower arms back bending them and repeat.

Pro tips:

Engage your abs on your way down and up and keep back straight.

Wiggle your toes to make sure weight is on the heels.

For balance, pick a spot on the wall in front and keep gaze straight ahead.

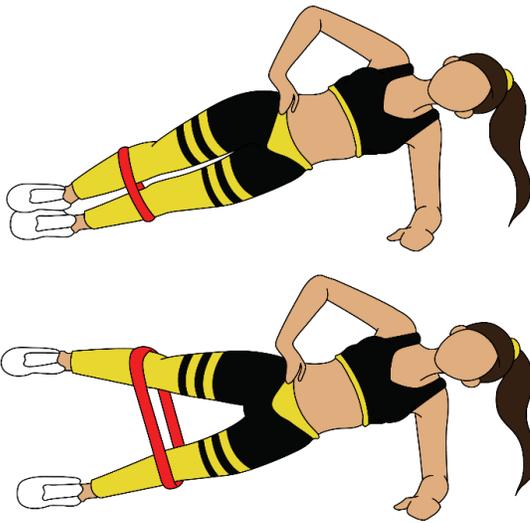
SIDE PLANK LEG RAISE – 12 repetitions x each side

How to:

Place the booty band just below your knees. Balance yourself on one forearm and the outside of one foot. Keep the feet stacked and hips lifted, making a straight line from your feet to the top of your head.

Keep upper arm on your waist and your torso still. Keeping the hips up, raise the upper leg and slowly lower back down. Repeat.

Pro tips: *For more difficulty, raise upper arm.*



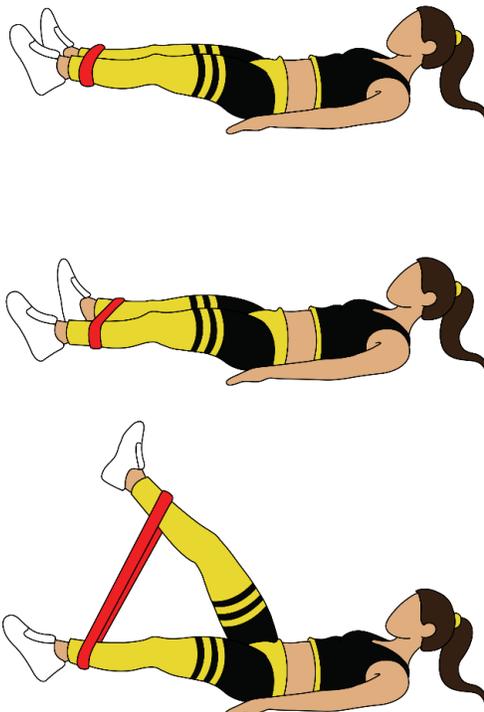
FLUTTER KICK – 12 repetitions x each side

How to:

Lying on your back, place the booty band above your ankles. Keep chest engaged and lift the legs off the floor. Arms are on the floor.

Push legs apart – right and left - while engaging your abs. Bring them back in and push legs apart again by lifting one of them and lowering the other.

Pro tips: *More difficulty: reach arms over head.*



BURPEES – 12 repetitions



How to:

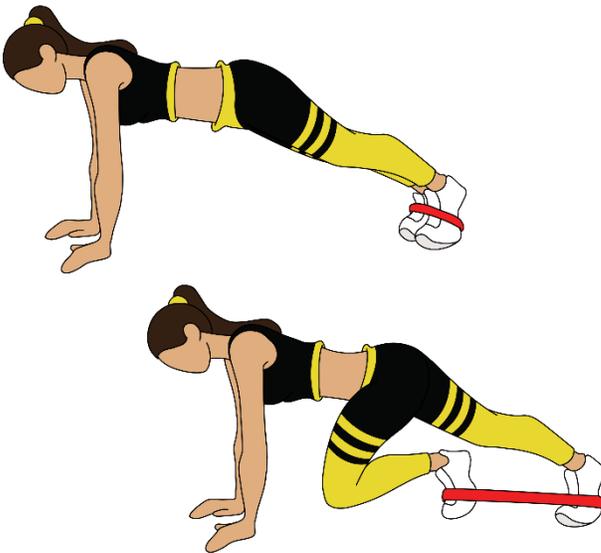
Standing up straight, place booty band under your knees and raise your arms. Engage all your muscles.

Squat down and place palms on the floor. Jump into a plank. Jump back into squat and return to starting position. Repeat.

Pro tips:

For more difficulty, jump up from squat.

MOUNTAIN CLIMBERS – 20 repetitions



How to:

Place booty band around your feet. Come down to a plank position, keeping a straight line from your feet to the top of your head.

Raise one knee at a time as if you were running in place. Bring knee back down and repeat with other knee. Don't let your torso sink down.

Pro tips: *Keep abs engaged and back straight.*

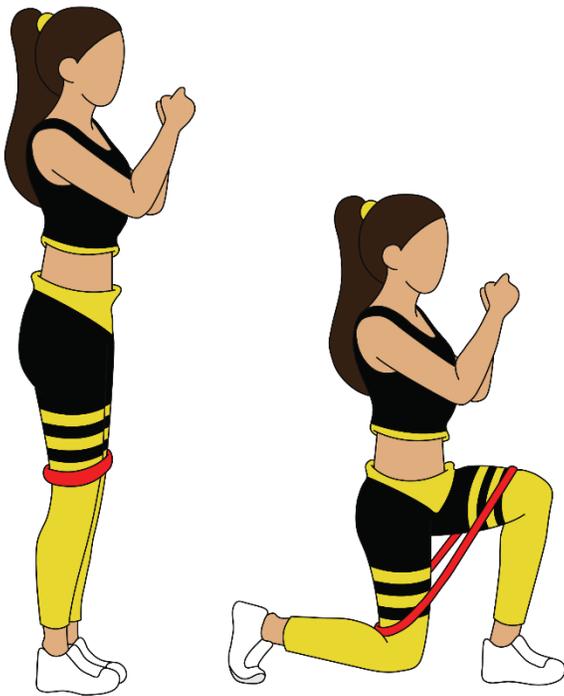
STEP 3: COOL DOWN – 5-minute stretching session (see pages 46-47 for details)

FULL BODY WORKOUT #2

STEP 1: WARM UP – 5 minutes (see page 24 for details)

STEP 2: THE WORKOUT – 4 sets x 5 minutes = 20 minutes

ALTERNATING LUNGES – 12 repetitions x each side



How to:

Begin in a standing position and place booty band just above your knees. Keep upper body straight and spine neutral.

Take one leg back and lower knee to the floor, creating 90-degree angles with back and front knee. Keep torso upright.

Hold for a second and come back up. Repeat on the same leg or alternate with other leg.

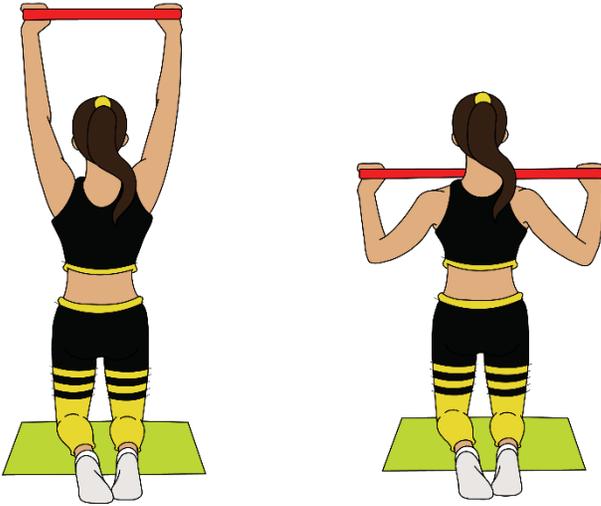
Pro tips:

For balance, keep gaze straight and focus on a spot on the floor.

Keep core engaged and abs tight.

Your neck should be neutral.

PULL - 30 repetitions



How to:

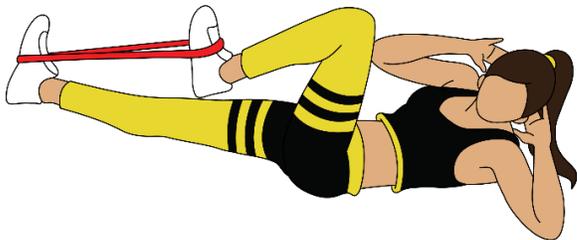
Begin by holding core up straight and getting on your knees. Pull on each end of the booty band left and right and raise the arms above your head.

Lower your arms back down by pulling on the band with both hands, bending the elbows and opening the chest.

Pro tips:

Keep core, abs and booty engaged.

BICYCLE CRUNCH - 20 repetitions



How to:

Place the booty band around your feet and lie down on the floor. Lift your head and shoulder off the ground, engaging abs. Bring one knee in and turn your upper body in toward it almost touching the knee and the elbow.

Switch legs and repeat.

Pro tips:

Don't put pressure on your neck. Use abs to pull yourself up and left to right.



JUMPING SQUAT – 12 repetitions



How to:

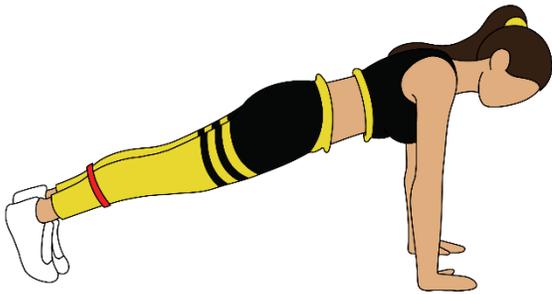
Place the booty band above knees. Push your booty back and bend at the hip. Keep sending hips backwards as the knees bend, like sitting in a chair.

Squat down until your hip joint goes lower than your knees and push to jump up, lifting legs off the floor.

Pro tips:

Keep weight on heels and feet wider than hips.

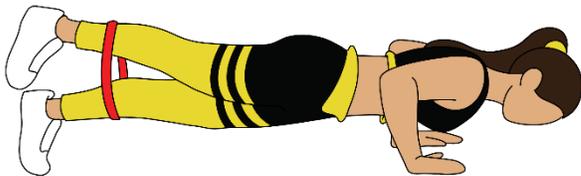
PUSH UP WITH LEG LIFT – 10 repetitions x each side



How to:

Begin in a plank position, on the floor. Place booty band above your ankles.

Lower your body by bending the elbows and lift one leg up. Lower leg back down and push your body back up.



Hold briefly, and repeat with the other leg.

Pro tips: *Keep body in a straight line.*

STEP 3: COOL DOWN – 5-minute stretching session (see pages 46-47 for details)

*You've repeated all the sets and gone through the booty band workout of the day.
Congratulations!*

Cool Down – Stretching Session

It's time to reward yourself and your body for all the great work you've put in. Here are our favorite post-workout stretching tips:

STRETCH	HOLD FOR
Glutes	10 secs. each side
Quads	10 secs. each side
Shoulders	10 secs. each side
Side body	10 secs. each side
Back	20 secs.

HOW TO - STRETCHES

GLUTE STRETCH

Stand up straight with your knees slightly bent and move your weight on one leg. Bend the other leg and place your ankle on the standing knee, pushing your booty back. Keep bending forward and hold for 10 seconds on each side.

QUAD STRETCH

Stand up straight and move your weight on one leg. Bend the other leg and bring it behind until your foot touches your booty, holding it in place using your hands. Hold for 10 seconds on each side.

SHOULDER STRETCH

Stand up straight and take one arm straight across your chest by holding it in place with the other arm. Hold for 10 seconds on each side.

SIDE BODY STRETCH

Stand up straight and keep feet shoulder-width apart. Lift one of your arms above the head and bend to the opposite side. Hold for 10 seconds on each side.

BACK STRETCH

Kneel down, rest your forehead on the mat and your booty on your feet. Extend the arms in front and reach out. Hold for 20 seconds on each side.

The ThiqActive Story

Our story begins in Sydney, Australia where we set out in 2019 on our mission to create, find and share groundbreaking workout accessories and premium performance activewear.

Our vision was inspired by a community of passionate women sharing a burning appetite for positive health, fitness and, most importantly, curves. Yes, curves. Because we believe that the surest and best way to start living a healthy, happy life is by loving and enjoying yourself and your body.

ThiqActive has since become a celebrated channel that helps women unlock their full potential, a tight-knit community of determined sisters inspiring each other and working together to turn their fitness goals into reality.

ThiqActive - Fueled by passion. Designed for curves.

Our Core Values

Community is our family of like-minded women working together to bring their vision of fitness to life. Our community of mums, athletes, sisters, daughters, and girlfriends stretches from Australia across the globe, as we workout to build our booties and redefine our curves.

Growth is why our range of accessories from booty bands to stylish activewear exist - to empower you and create confidence, to flaunt your curves and smash your fitness goals.

Evolution is when you combine everything we do, by being true to your vision of fitness, empowering others and loving your curves, your way.

What makes ThiqActive one of a kind?

ThiqActive is like a piece of art that our customers bring to life. Clothing you wear or an exercise you do to show the world a lil about yourself, confidently expressing your curves through perpetual style, eye warming colour, and dynamic durability while feeling ultra-comfortable in your own skin.

We guarantee our range of workout accessories to premium stylish activewear, will provide you the perfect tools to flaunt your curves while smashing your fitness goals.

How about our materials?

Our activewear items are made of finely-curated blends of premium materials such as Elastane, Polyamide, Spandex and Polyester. The perfect mixture of materials that offers unrestricted range of motion, breathable, wicks moisture, dries quickly and form-fitting style to compliment all types of curves.

Our booty bands are premium soft cotton fabric with a double layer of extra grip rubber or 100% natural latex. The finest materials that offer flexibility and durable resistance.

Trademark Information

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Product Warranty

ThiqActive is all about serving happy customers, with a continual devotion to producing innovative workout accessories and premium performance activewear. That's why, should you find yourself unhappy with your purchase, we offer a full, no-fuss 30-day money-back guarantee to all our customers.

The product guarantee covers manufacturing defects relating to materials and workmanship and applies to all types of defects or failure during standard use. It does not cover normal wear and tear, misuse, failure to follow use, care, and safety instructions, loss and/or theft.



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www.thiqactive.com

