

**LIANA
LIVE**

BOOTY FIT GUIDE

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start with a tap!

Use this table of contents to get straight to the point! Simply tap the titles listed below, and they will lead you to the page you are looking for!

intro

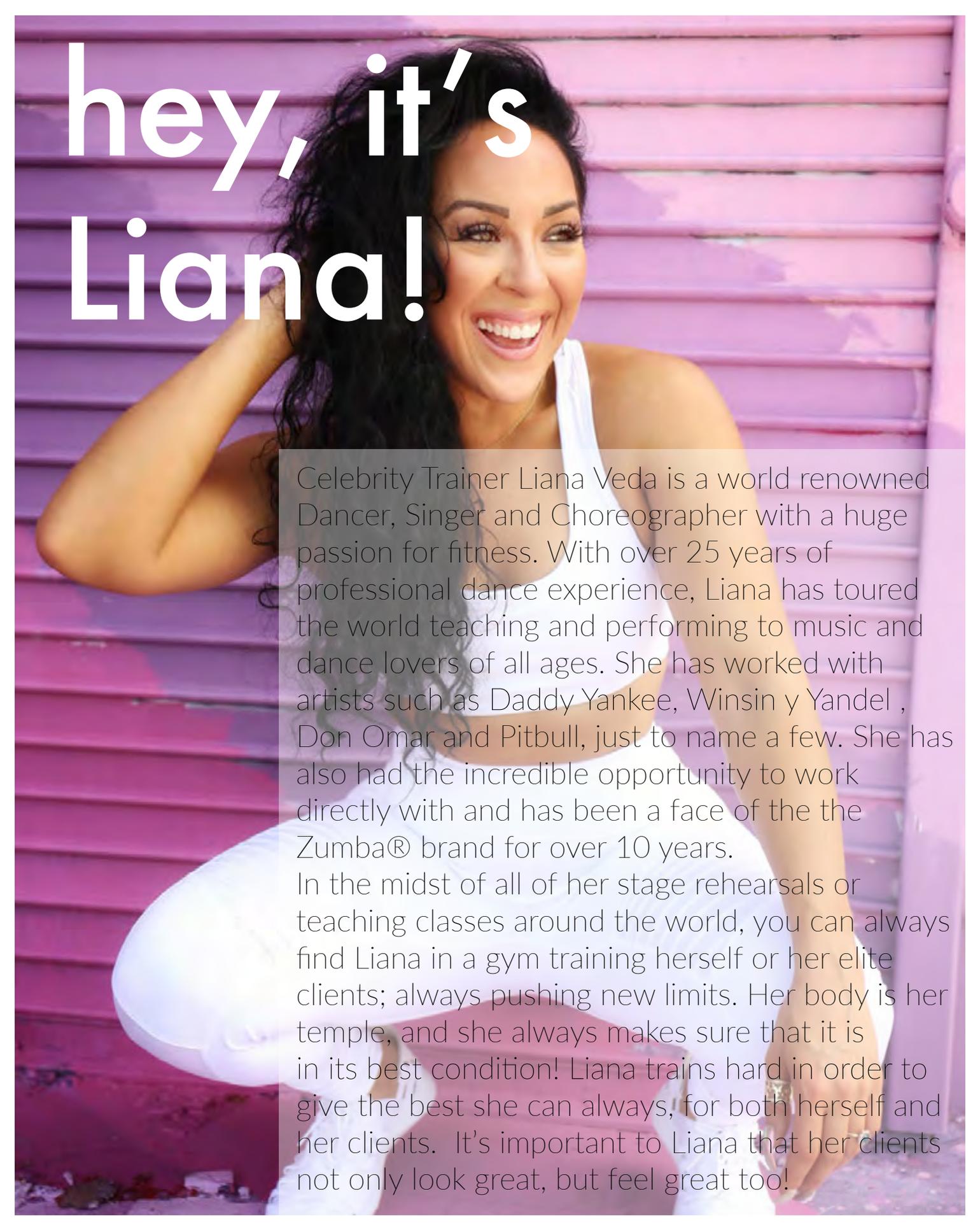
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let's go

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hey, it's Liana!

Celebrity Trainer Liana Veda is a world renowned Dancer, Singer and Choreographer with a huge passion for fitness. With over 25 years of professional dance experience, Liana has toured the world teaching and performing to music and dance lovers of all ages. She has worked with artists such as Daddy Yankee, Winsin y Yandel , Don Omar and Pitbull, just to name a few. She has also had the incredible opportunity to work directly with and has been a face of the the Zumba® brand for over 10 years. In the midst of all of her stage rehearsals or teaching classes around the world, you can always find Liana in a gym training herself or her elite clients; always pushing new limits. Her body is her temple, and she always makes sure that it is in its best condition! Liana trains hard in order to give the best she can always, for both herself and her clients. It's important to Liana that her clients not only look great, but feel great too!

how to use this guide:

THIS GUIDE HAS BEEN CAREFULLY AND SPECIFICALLY DESIGNED FOR YOU.

Be sure to follow it exactly as it appears. You know your body! feel free to make any necessary modifications if you suffer from any chronic pain or injuries. Listen to your body; always push your limits but never to the point where you are jeopardizing your health or safety. Although 'being tired' can be aided by a simple minded shift or even a bit of match, some days your body needs to recover. Don't push yourself when you know that you need to rest. Proper rest is all part of muscle and mental recover.

When performing the workouts, go from one move to the next in order, resting anywhere from 1 to 2 minutes in between each round. Once all the moves have been completed, go back to the first move and repeat for the amount of sets listed.

how to use this band:

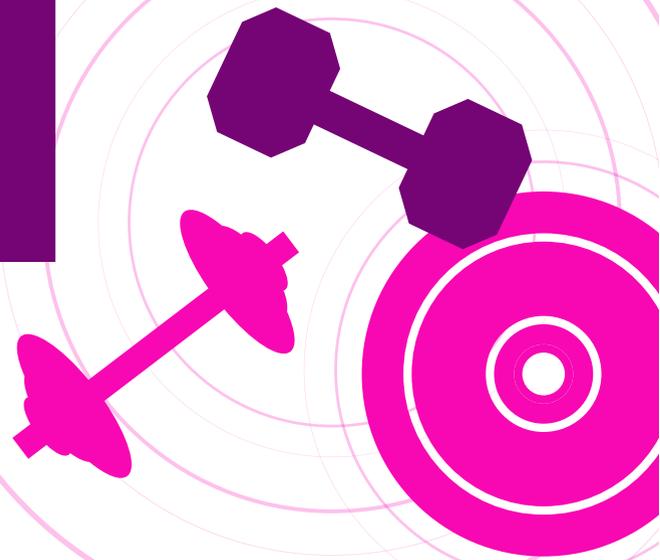
READY FOR THE RESISTANCE? This flexible band enables you to safely add moderate to heavy resistance to almost all of your lower body workout moves and routines without having to jump around switching band to band in the middle of your workout. And speaking of jumping... you can jump around, but your band WON'T! This band has the essential NON SLIP grip on the inside to keep your band from moving out of place.

let's take a selfie!



THE BEST WAY TO TRACK PROGRESS is always to keep a photo diary of your journey. Every seven days, take a full body shot of yourself (front and back) in a swimsuit (always in the same suit in the same pose) using the same mirror. I am going on every step of this journey with you and I LOVE seeing your progress! Feel free to email me pics of how incredible you look!

the right weight



1 It's always better to start with a lighter weight if it's the first time you are performing an exercise.

2 If it has been more than 3 weeks since you last did a particular exercise start with 20-25% less than what you used the last time.

3 Proper form is KEY! In both dance and fitness, form is everything. Proper form will help you develop better functional strength and most importantly prevent injury. Do not compromise form for lifting a heavier load.

4 Be sure to pick a weight that has you pushing yourself on the last few reps.

5 Listen to your body on days the weight may feel "heavier" than normal.



GYM & BAND WORKOUT

You can see your workout moves on the cheatsheets following the workout pages, but if you don't feel like fishing you can go directly to the move by tapping on the workout title in the first column!

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day 01

GYM+BAND WORKOUT

Leg Extensions	20 reps	Use weight thats challenging but not too heavy
Wide Stance Incline Leg Press	20 reps	Feet pointing outward placed on corner of platform
Weighted Walking Lunges	20 reps	10lb weights

rest 1-2 minutes / repeat 3 sets

RESISTANCE BAND WORKOUT

Skaters	20 reps each leg	Keep your balance, don't rush
Speed Squats	20 reps	Use your core and that booty!
Broad Jumps	10 reps	Land softly

rest 1-2 minutes / repeat 4 sets

Ninja Side Crawl	40 reps (20 each side)	Stay in squat position across the floor, no standing up!
Curtsy Lunges	20 reps (10 each leg)	10lb weights
Wide to Close Stationary Lunge	20 reps	10lb weights No bouncing

rest 1-2 minutes / repeat 2 sets

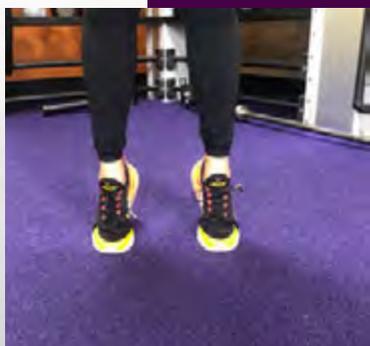
For this workout complete all sets of each exercise before moving on to the next.
Rest 1-2 minutes in between the completion of each FULL set.

day 01

cont.

Hamstring Curls	12 reps	Heavy Weight
Bench Hip Thrusters	20 reps	Barbell Weight
Sumo Squat to Deadlift Combo	20 reps	Barbell Weight
rest 1-2 minutes / repeat 2 sets		
Calf Raises (Feet Hip Distant Apart)	50 reps	Body Weight only
one set		

raise the butt!



calf raise apart



calf raise closed

There are two ways to do this simple move: together and apart. The change in the position shifts the focus of the booty muscle the entire workout is perking up, so don't down play the calf raise! If you start to lose balance, hold on to something during the workout.

day 01

cont.

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NON-STOP SINGLE-LEG WORKOUTS

Donkey Kicks	20 reps each leg
Flexed Foot Heel Press Pulse	20 reps each leg
Flexed Foot Hamstring Curl	20 reps each leg
Donkey Kicks	20 reps each leg
repeat 2 sets	

We are gonna **BURN OUT THAT BOOTY!**

You will complete all 20 reps of ALL four moves on ONE LEG before switching to the opposite leg. Each move will be back to back...**NON-STOP!**



donkey kicks



flexed foot heel press pulse



flexed foot hamstring curl



donkey kicks

For this workout complete all sets of each exercise before moving on to the next. Rest 1-2 minutes in between the completion of each FULL set.

cheatsheet

not sure about a move?

This cheatsheet will help you every step of the way!



leg press - WIDE STANCE

wide to close stance stationary lunge



ninja side crawl

crawl close up!

When making this move, you have to stay in the squat position the whole time, including during the crossover as shown!



crossover



cheatsheet

cont.



curtsy lunges



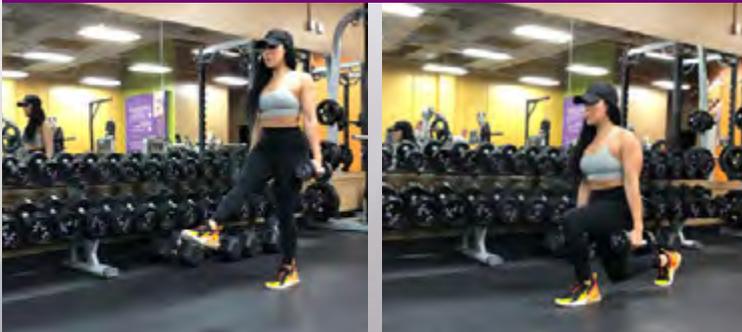
sumo squat deadlift combo



hamstring curls



bench hip thrusters



weighted walking lunges



leg extensions

cheatsheet

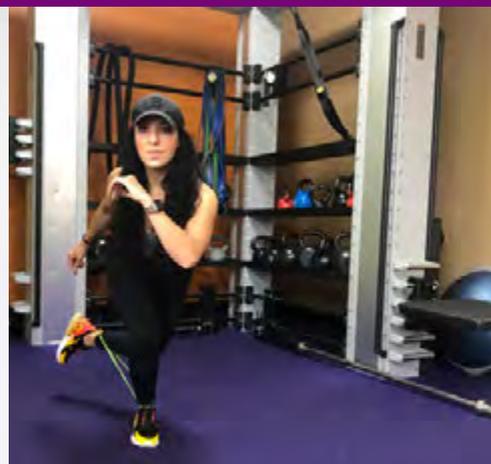
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BAND MOVES

Time to build the resistance with your Booty Band! For the skaters, you can use a very light band or no band at all. All other moves can be done with the LV Booty Band.



speed squats



skaters with band



broad jump



DAY 02 REST

day 03

GYM+BAND WORKOUT

Walking Drop
Lunges

6 lunges, drop one weight
8 lunges, drop other weight
Finish 10 lunges with no weight

Use 5-7lb weights
The cheatsheet will
tell you what to do!

rest 1-2 minutes / repeat 2 sets

HEAVY DROP COMBO

view workout breakdown in the next page

Triple Threat
Sumo Squats
(using SMITH
machine)

30 Sumo Squat Countdown
(3, 2, 1, UP!)
30 Low Sumo Plus Hold
30 Air Speed Squats

Use light weight on
SMITH machine for the
countdown and sumo
plus hold movements
Air speed squats are
without weights

rest 1-2 minutes / repeat 2 sets

RESISTANCE BAND WORKOUT

Lateral Leg Raise

20 reps each leg

Activate your core to
maintain position

Rear Leg Raise

20 reps each leg

Activate your core to
maintain position

Triple Threat
Glute Bridges

30 Glute bridge
30 Bridge Hold with Pulse
30 Glute Bridge + Abduction

Weight to hips is optional
Raise heels during entire
second set

rest 1-2 minutes / repeat 2 sets

Calf Raises
(closed stance)

30 reps

Activate your core to
maintain position

rest 1-2 minutes / repeat at least 3 sets

day 03

GYM+BAND WORKOUT

HEAVY DROP COMBO!

Leg Extensions	10, 8, 6 reps
Closed Stance Incline Leg Press	10, 8, 6 reps
Smith Machine Squats	10, 8, 6 reps

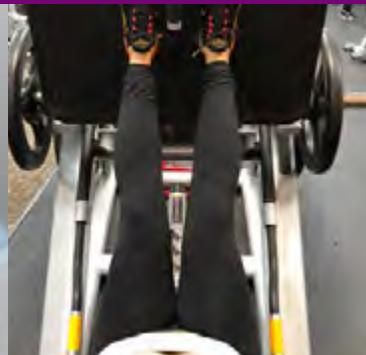
repeat 2 sets

It's time to drop out
THE HEAVY WEIGHTS!

In these workouts you start with heavy weight, and start removing a plate after each set. Starting with 10 reps, next set 8, 6, then **30 reps** of the lightest weight left on the machine!



SMITH machine squats



closed stance incline leg press



leg extensions

cheatsheet

workout break down: *Walking Drop Lunge*

Starting with a set of 5-7lb weights in hand, complete each number then drop ONE weight at a time, as you continue to the next number

NON-STOP!

You will finish with NO weights on the last number.



walking drop lunge



closed stance calf raise

For this workout complete all sets of each exercise before moving on to the next.
Rest 1-2 minutes in between the completion of each FULL set.

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THE TRIPLE THREAT SUMO SQUATS!

Similar to the heavy drop workout, only you can use one small set of weight or no weight on this machine since the barbell can count as the weight. Once you feel ready to challenge yourself, add more weights.



SMITH sumo squat count down



low sumo squat plus hold

speed air squats

just FYI...



When positioning yourself on the SMITH machine, be sure to activate your core, keep your hips open, legs wide, and focus the lift in your booty. This will push your quads and glutes to create the perfect all naturale butt lift!



SMITH stance

cheatsheet

cont.

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BAND MOVES



lateral leg raise



rear leg raise



glute bridge



glute bridge + abduction



bridge hold with pulse





DAY 04 REST

day 05

GYM+BAND WORKOUT

Jump Squats	20 reps	Light weights are optional
Weighted Walking Lunges	20 reps	10lb weights
rest 1-2 minutes / repeat 2 sets		
Weighted Stationary Lunge Combo	15 each leg	Combination of wide to closed stance lunges
Good Mornings	30 reps	Use barbell
Surrender Lunges	20 reps (10 each leg)	Engage standing leg
rest 1-2 minutes / repeat 3 sets		
Leg Extensions (External Rotation)	6 reps - 16 reps	Start off with 6 reps of 90lbs, then reduce weight finish 16 reps of 60lbs
rest 1-2 minutes / repeat 2 sets		
Hamstring Curls	20 reps	Comfortable weight
Rounded Spine Back Extension	20 reps	Body Weight only
rest 1-2 minutes / repeat 2 sets		
RESISTANCE BAND WORKOUT		
Side to Side Low Squats	20 reps each leg	Activate your core to maintain position
Squat Hold with Rear Tap	20 reps each leg	Use your core and that booty!
Wall Hold Abductions	20 reps	Use your core and that booty!
rest 1-2 minutes / repeat 2 sets		
Calf Raises (Wide Stance)	30 reps	Body Weight only
rest 1-2 minutes / repeat 2 sets		

day 05

cont.

NON-STOP SINGLE-LEG BAND WORKOUTS



fire hydrants



hydrant pulse hold

Fire Hydrants	20 reps each leg
Hydrant Pulse Hold	10 reps each leg
Hydrant Lift with Kick	10 reps each leg
Hydrant Lift with Kick Combo	10 reps each leg

repeat 2 sets



hydrant lift with kick



hydrant lift with kick combo

cheatsheet

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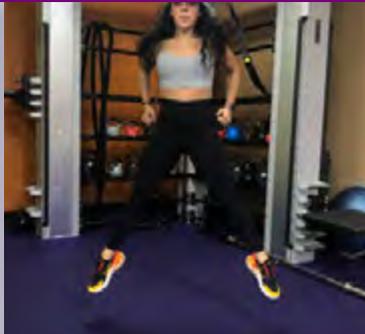
good mornings



wide stance calf raises



jump squats



weighted walking lunges



leg extension with foot rotation out



hamstring curl



rounded back hamstring extension



cheatsheet

cont.

workout break down:

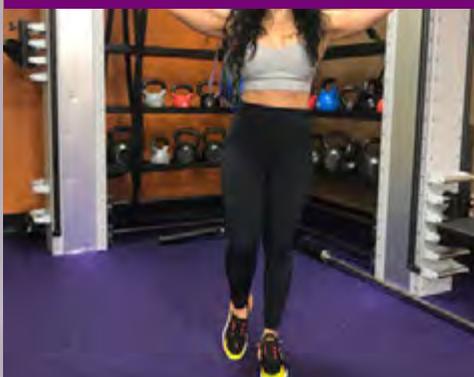
*Weighted Stationary Lunge Combo
& Surrender Lunge*



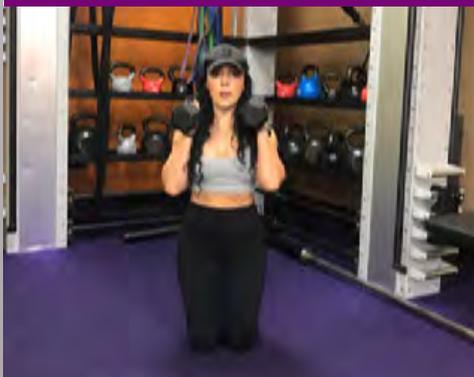
wide stance



closed stance



starting surrender lunge



ending surrender lunge (weight sample)

cheatsheet

cont.

BAND MOVES



side to side low squat



squat hold with rear tap

hold it!

For this move the goal is to hold your back against the wall using your core and glutes, while working your hips doing abductors. With the band it makes it more of a challenge so be ready for the burn!



wall hold abductions



For this workout complete all sets of each exercise before moving on to the next.
Rest 1-2 minutes in between the completion of each FULL set.

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HOME & BAND WORKOUT

You can see your workout moves on the cheatsheets following the workout pages, but if you don't feel like fishing you can go directly to the move by tapping on the workout title in the first column!

day 01

HOME+BAND WORKOUT

Stationary Lunge Set (Front, Rear, Side)	10 reps each leg	Combination of all moves in one setting, NON-STOP
rest 1-2 minutes / repeat 3 sets		
RESISTANCE BAND WORKOUT		
Full Range Squats	10 reps	Activate your core to maintain position
Bottom Squat Pulses	10 reps	Use your core and that booty!
Squat Jumps	10 reps	Use your core and that booty!
rest 1-2 minutes / repeat 2 sets		
Single-Leg Step Up/ Rear Lunge with Push Off	15 reps each leg	Body Weight only
rest 1-2 minutes / repeat 2 sets		
RESISTANCE BAND WORKOUT		
Laying Hamstring Curls	20 reps	Activate your core to maintain position
Single-Leg Laying Hamstring Curls	15 reps each leg	Use your core and that booty!
rest 1-2 minutes / repeat 2 sets		
Sumo Position Calf Raises	50 reps	Stay in sumo squat position during the whole set
rest 1-2 minutes / repeat 2 sets		
Diamond Glute Bridges	20 Full Range 20 Pulses at Top 20 Second Hold at Top	Do each set following the next then rest
rest 1-2 minutes / repeat at least 3 sets		

cheatsheet

not sure about a move?

This cheatsheet will help you every step of the way!



stationary lunge set - front

stationary lunge set - rear



stationary lunge set - side



diamond glute bridge - full



diamond glute bridge - pulse



diamond glute bridge - hold

For this workout complete all sets of each exercise before moving on to the next.
Rest 1-2 minutes in between the completion of each FULL set.

cheatsheet

cont.

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BAND MOVES

low pulse

Be sure to keep stay in a low squat with a slight lift, creating a pulse like movement.



full range squats



bottom squat pulses



squat jumps



laying hamstring curl



laying hamstring curl - single-leg

workout break down:

Single Leg Step up/Rear Lunge Push Off

Which move will you use? This optional workout seems different but still has a common muscle group this book is focused on: the booty! You can start with the rear lunge as you make your way up to the rear lunge push off as an advanced move. If you can already step it off with the push off, push it real good!



single-leg lunge lift



rear lunge push off

raise the butt!



sumo calf raise

Calf raises works out your calves. That's obvious. But the best combination for raising your calf and booty is this sumo squat hold with a calf raise! You have to do it to believe it, and the burn will be the proof in the end!



DAY 02 REST

day 03

HOME+BAND WORKOUT

Double Pump Walking Lunges	20 Paces Forward 20 Paces Backward 20 Alternating Curtsy	Do each set following the next then rest
rest 1-2 minutes / repeat at least 2 sets		
RESISTANCE BAND WORKOUT		
Bottom Squat Pulses	10 reps	Use your core and that booty!
Squat Jumps	10 reps	Use your core and that booty!
rest 1-2 minutes / repeat 2 sets		
Ninja Crawl	12 Paces Right 12 Paces Left	Body Weight
rest 1-2 minutes / repeat 2 sets		
RESISTANCE BAND WORKOUT		
Single-Leg Deadlift	15 reps each leg	Use your core and that booty!
rest 1-2 minutes / repeat 2 sets		
Hip Thrusters on Bench	20 Full Range 20 Pulse on Top 20 Second Hold 10 Full Range	Body Weight only
rest 1-2 minutes / repeat 2 sets		

For this workout complete all sets of each exercise before moving on to the next.
Rest 1-2 minutes in between the completion of each FULL set.

cheatsheet

cont.

BAND MOVES

step it up!

Once you have mastered the art of the single leg deadlift, take it up a notch with the advanced version! Use your core for stability!



single-leg deadlift 01



single-leg deadlift 02



hip thrusters on bench - full range



hip thrusters on bench - hold



bottom squat pulses



banded squat jumps



cheatsheet

workout break down:

Double Pump Walking Lunges

Pump it up! Add more variety to the walking lunge by pulsing twice on your landing leg when lunging forward on every step in each step forward, backward, and sideways. 



double pump walking lunges (just reverse directions for backward move)



curtsy lunges



ninja side crawl



DAY 04 REST

day 05

HOME+BAND WORKOUT

Stationary Romanian Split Lunge Set (Wide Stance)	10 Full Range 10 Bottom Pulse 10 Top Pulse	For the home workout, use a bed, a chair, a sofa, whatever is high enough to match the cheatsheet
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rest 1-2 minutes / repeat at least 2 sets

RESISTANCE BAND WORKOUT

Diagonal Squat Walks	20 Paces Forward 20 Paces Backward	Use your core and that booty!
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Diagonal Squat Hold with Rear Tap	20 reps each leg	Use your core and that booty!
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rest 1-2 minutes / repeat 2 sets

Sumo Squats Set	10 Full Range 10 Bottom Pulse 10 Sumo Squat Jumps	Try to stay in one spot, but if you aren't at that level yet, make sure there isn't anything around you to knock over!
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rest 1-2 minutes / repeat 2 sets

Calf Raises	50 reps	Body Weight only
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rest 1-2 minutes / repeat 2 sets

Single-Leg Glute Bridges on Wall	20 reps	Keep squat position Land softly
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rest 1-2 minutes / repeat 2 sets

RESISTANCE BAND WORKOUT

Glute Kick Backs	20 Full Range 20 Pulses at Top 20 Second Hold at Top	Use your core and that booty!
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rest 1-2 minutes / repeat 2 sets

cheatsheet

wide open

Remember, these moves require an open hip position throughout each set, including the jumps.



sumo squat - full range



sumo squat - bottom pulse



jump squats



calf raises



single-leg glute bridges on wall

not sure about a move?

This cheatsheet will help you every step of the way!

cheatsheet

cont.

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BAND MOVES



diagonal squat walks



squat hold with diagonal rear tap



glute kick back - full range



glute kick back - pulse

glute kick back - hold

workout break down: *Stationary Romanian Split Lunge*



stationary romanian split lunge - full range

This can be done anywhere anytime. All you need is a stand the height of a couch, bed, chair, whichever. All your focus will be in the standing leg. You will begin in the following sequence from the chart on the workout page.



stationary romanian split lunge - bottom pulse



stationary romanian split lunge - top pulse

For this workout complete all sets of each exercise before moving on to the next. Rest 1-2 minutes in between the completion of each FULL set.

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COMING SOON!

Do you want to have the most sought after booty?
...a Dancer Booty?

Well guess what, YOU CAN!

The soon to be released Dancer Booty™ training platform will not only include some of the best lower body and booty exercises, but will provide you all of the tools you need to form a total mind, body and soul transformation that stems from one of the happiest places on earth...THE DANCE FLOOR!

DANCER
booty™



**Don't forget to share and follow!
I can't wait to see all of your
transformations!**

**Be sure to tag me and
#LVFITCREW on all of your posts.**



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