

THE OFFICIAL PROGRAM

BODY BY ZACK BOOTY BOOTCAMP

RESISTANCE BAND • LOWER-BODY WORKOUT

Your \$399 body scan — free when you show up.

A 45-minute resistance-band class + optional DEXA-level scan,
right here at [property name].

NO. 01 / VOL. 1

THE OFFICIAL PROGRAM

LOWER BODY • BAND SERIES

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RESISTANCE BAND • LOWER-BODY WORKOUT

A glute, hamstring, and hip-focused band routine — twelve movements, one complete session.

SQUAT BANDED SQUAT 01 <p>Sit back into a squat, keep your chest up, and press your knees out against the band.</p> <p>3 × 15 REPS</p>	HAMSTRING STANDING HAMSTRING CURL 02 <p>Stand tall and curl one heel toward your glutes without moving your hips.</p> <p>3 × 15 EACH LEG</p>	LUNGE REVERSE LUNGE 03 <p>Step one foot back, lower into a lunge, and keep your front knee tracking over your toes.</p> <p>3 × 12 EACH LEG</p>	ABDUCTION MONSTER WALK 04 <p>Stay in a slight squat and step diagonally forward while keeping constant band tension.</p> <p>3 × 20 STEPS</p>
HINGE HIP HINGE 05 <p>Push your hips back with a soft bend in your knees, then stand by squeezing your glutes.</p> <p>3 × 15 REPS</p>	FLOOR PLUKE FIRE HYDRANT 06 <p>On all fours, lift one knee out to the side while keeping your hips level and core braced.</p> <p>3 × 12 EACH LEG</p>	ABDUCTION STANDING ABDUCTION 07 <p>Stand tall and lift one leg out to the side without leaning your torso.</p> <p>3 × 15 EACH LEG</p>	SQUAT SQUAT PULSES 08 <p>Hold the bottom half of a squat and pulse a few inches while keeping tension on the band.</p> <p>3 × 20 REPS</p>
ABDUCTION KNEE OPENS 09 <p>From a quarter squat, press your knees outward against the band, then return with control.</p> <p>3 × 20 REPS</p>	SQUAT WALL SIT 10 <p>Sit against a wall with knees bent and press outward gently against the band.</p> <p>3 × 30 SECONDS</p>	CLOSER PLUKE DONKEY KICK 11 <p>On all fours, drive one foot up and back without arching your lower back.</p> <p>3 × 15 EACH LEG</p>	HINGE BANDED DEADLIFT 12 <p>Stand on the band, hinge at the hips with a flat back, and stand tall by squeezing your glutes.</p> <p>3 × 12 REPS</p>

BZ
BODY BY ZACK

BEGINNER • 8-10 exercises, 2 sets each.
REST • 45-75 seconds between sets.

INTERMEDIATE • All 12 exercises, 2-3 sets.
SAFETY • Stop if you feel knee or low-back pain.

MOVEMENT TYPES • SQUAT • HINGE • LUNGE • ABDUCTION • FLOOR PLUKE

SCAN TO TRAIN
BOOK • FOLLOW • JOIN

01 THE CLASS

45 minutes. Resistance bands. A pump you'll feel tomorrow.

02 THE \$399 SCAN

DEXA-level body composition.
Complimentary — only if you attend.

03 BANDS PROVIDED

Five resistance levels — ready for you. All levels welcome.

04 YOUR RESULTS, 1-ON-1

Five private minutes with Zack. The numbers most people never see.

YOU SHOW UP. THAT'S IT.

Class is free. Scan is free when you attend.

RSVP • Residents only • Limited capacity

FREE TO ATTEND

DATE

[FILL IN]

TIME

[FILL IN]

WHERE

[FILL IN]

RSVP AT

[LINK / EMAIL / APP]

Wear what you'd work out in. Water bottle helps. That's all.

BODYBYZACK.FITNESS

Hosted at [property name]