

# What is the Picklebooty Series?

The Picklebooty Series is a training experience created for women who want it all—a sculpted, juicy booty, a strong core, healthy knees, and the stamina to play hard on the court and in life. Whether you're new to fitness or getting back in the game, this program meets you where you are, with workouts that are athletic, feminine, and joint-friendly.

This isn't just about looking good in leggings (though you will). It's about building a body that feels amazing, moves with confidence, and performs like a pro.

**\*\*Each week includes:\*\***

- 4 gym-friendly or home-adaptable strength and mobility workouts
- Cardio options that protect your knees while boosting endurance
- Knee-friendly programming that enhances joint stability and lower body strength
- Glute-focused strength circuits and court-ready agility drills

Every session follows a smart structure: mobility warm-up, targeted strength, low-impact conditioning, and flexibility cooldown. You'll track your progress, learn proper form, and stay motivated with purposeful training—not random hustle.

If you play pickleball, chase your kids, or just want to feel good naked, this series is for you.

Let's build strength. Let's build beauty. Let's build the Picklebooty.

– Raki | Rakstar Fitness