

Welcome to The Picklebooty Project

Hey love,

You just stepped into something special. The Picklebooty Project is more than just a workout—it's a glow-up for your glutes, a rehab plan for your knees, and a full-body comeback crafted with care. Whether you're here to get stronger, feel sexier, or just have more fun playing the game (pickleball or otherwise), you're in the right place.

This series was designed for women like us—who want that big, round, juicy booty and a body that feels good moving through life. It's for the athlete in you, the mama in you, the comeback queen in you. Each workout blends mobility, strength training, cardio, and flexibility, so you're not just lifting—you're healing, building, and conditioning all at once.

Week 1, Day 1 is where we lay the foundation: glute activation, knee-safe movement, strong posture, and cardio that gets your heart going without wrecking your joints. You'll warm up like a pro, train with intention, and cool down like a queen. Every move is explained, every set has a purpose, and there's space built in to track your progress, jot down your wins, and keep it real.

Take your time. Breathe. Laugh. Sweat.

If something doesn't feel right—modify. If something makes you feel powerful—lean in. This is your workout, your rhythm, your body.

I'm proud of you already. Let's build this booty—and the athlete behind it.

– Raki | Rakstar Fitness

The Picklebooty Project

Week 1 – Monday: Glute Builder + Outdoor
Bike

Daily Info:

Date: _____

Morning Weight: _____ lbs

Hours of Sleep: _____

Energy Level (1-10): _____

Menstrual Cycle Notes (if any): _____

Mobility Warm-Up (2 Rounds):

Round 1:

- Glute Bridges x15 | Notes: _____
- Hip Circles x8 forward/back per leg | Notes: _____
- Standing Lateral Band Walks x10 each way | Notes: _____
- Dynamic Hamstring Sweep x10/leg | Notes: _____
- World's Greatest Stretch x3/side | Notes: _____

Round 2:

- Glute Bridges x15 | Notes: _____
- Hip Circles x8 forward/back per leg | Notes: _____
- Standing Lateral Band Walks x10 each way | Notes: _____
- Dynamic Hamstring Sweep x10/leg | Notes: _____
- World's Greatest Stretch x3/side | Notes: _____

Strength Superset A (3 Rounds):

Round 1:

- Dumbbell Goblet Box Squats x10–12 | Weight: _____ Reps: _____ Notes: _____
- Dumbbell Frog Pumps x20 | Weight: _____ Reps: _____ Notes: _____

Round 2:

- Dumbbell Goblet Box Squats x10–12 | Weight: _____ Reps: _____ Notes: _____
- Dumbbell Frog Pumps x20 | Weight: _____ Reps: _____ Notes: _____

Round 3:

- Dumbbell Goblet Box Squats x10–12 | Weight: _____ Reps: _____ Notes: _____
- Dumbbell Frog Pumps x20 | Weight: _____ Reps: _____ Notes: _____

Strength Superset B (3 Rounds):

Round 1:

- Dumbbell Romanian Deadlifts x10–12 | Weight: _____ Reps: _____ Notes: _____
- Elevated Glute Bridge x12 | Weight: _____ Reps: _____ Notes: _____

Round 2:

- Dumbbell Romanian Deadlifts x10–12 | Weight: _____ Reps: _____ Notes: _____
- Elevated Glute Bridge x12 | Weight: _____ Reps: _____ Notes: _____

Round 3:

- Dumbbell Romanian Deadlifts x10–12 | Weight: _____ Reps: _____ Notes: _____
- Elevated Glute Bridge x12 | Weight: _____ Reps: _____ Notes: _____

Finisher (2 Rounds):

Round 1:

- Kneeling Kickbacks x15/leg | Notes: _____
- Standing Fire Hydrants x15/leg | Notes: _____

Round 2:

- Kneeling Kickbacks x15/leg | Notes: _____
- Standing Fire Hydrants x15/leg | Notes: _____

Cardio: Outdoor Bike Ride

- Total Time: _____ min | Distance (if tracked): _____
- Warm-Up: 5 mins light pace
- Main Set: 15–20 mins alternating 1 min moderate / 1 min fast cadence (stay seated)
- Cool Down: 5 mins easy pace
- Route/Distance Notes: _____

Flexibility Cooldown:

- Pigeon Stretch – 1 min/side
- Couch Stretch – 30–45 sec/side
- Seated Hamstring Fold – 1 min
- Diaphragmatic Breathing – 2 min
- Stretch Notes: _____

Post-Workout Reflections:

What felt strong today? _____

What needs more attention? _____

Mood after workout: _____

Recovery plan (hydration, sleep, etc): _____

RAKSTAR EXERCISE GUIDE

Week 1 – Monday: Form & Execution Breakdown

Glute Bridges

- Lie flat on your back, knees bent, feet flat on the floor about hip-width apart.
- Arms rest by your sides, palms facing down.
- Push through your heels to lift your hips up, forming a straight line from shoulders to knees.
- Squeeze your glutes at the top for 1–2 seconds, then lower slowly.
- Avoid arching your lower back or pushing up with your lower spine.
- To make it easier: Move feet farther from glutes. To progress: Add a dumbbell on hips.

Hip Circles

- Begin on all fours, hands under shoulders and knees under hips.
- Lift one knee out to the side and make a slow, controlled circle with your hip.
- Keep the movement small and slow—focus on mobilizing your hip joint.
- Perform circles forward and backward on each leg.
- Keep core engaged and avoid rotating your torso or arching your back.

Standing Lateral Band Walks

- Place a resistance band above your knees (or perform without band).
- Stand with feet shoulder-width apart, knees slightly bent in a mini-squat.
- Step to the right with your right foot, then follow with your left to maintain tension.
- Keep knees tracking over toes and chest up.
- Repeat 10 steps right, then 10 steps left. Stay low and controlled the whole time.

Dynamic Hamstring Sweep

- Take a small step forward with one leg and straighten it while keeping your back straight.
- Bend your back knee slightly and hinge forward at the hips.
- Sweep both hands down past your toes, feeling a stretch in your front leg's hamstring.
- Return to standing and repeat on the other leg.
- Keep the front foot flat and don't bounce into the stretch.

World's Greatest Stretch

- Step into a lunge with your right leg forward, placing both hands on the ground inside your foot.
- Lower your right elbow to the ground inside your right foot (as far as comfortable).
- Twist your torso to the right, reaching your right arm toward the ceiling.
- Return to the center and repeat on the other side.
- Keep back leg extended or knee down depending on your flexibility.

Dumbbell Goblet Box Squats

- Hold a dumbbell close to your chest with both hands under the top of the weight.
- Stand in front of a sturdy box or bench with feet shoulder-width apart.
- Push hips back and lower into a squat until your glutes lightly touch the box (don't sit).
- Keep your chest lifted and knees tracking in line with toes.
- Drive through heels to return to standing without letting knees cave in.

Dumbbell Frog Pumps

- Lie on your back, bring soles of your feet together, and let your knees fall out like a butterfly.

- Place a dumbbell across your hips or perform bodyweight.
- Push your hips up by squeezing your glutes at the top. Pause, then lower slowly.
- Keep feet pulled close to glutes. Don't use your lower back to lift.

Dumbbell Romanian Deadlifts

- Hold a dumbbell in each hand in front of your thighs, palms facing you.
- Stand tall with a soft bend in the knees.
- Hinge at the hips (not the knees), lowering the weights along the front of your legs.
- Stop when you feel a stretch in your hamstrings (usually mid-shin).
- Keep back flat and core tight. Drive hips forward to return to standing.

Elevated Glute Bridge

- Place your upper back on a bench or couch with your feet flat on the floor, knees bent.
- Lower your hips down slightly, then press through your heels to lift hips to shoulder level.
- Hold and squeeze glutes at the top for 2 seconds.
- Do not overextend or let your lower back arch.
- Add a dumbbell across your hips for resistance.

Kneeling Kickbacks

- On all fours, keep core engaged and spine neutral.
- Lift one foot toward the ceiling, keeping the knee bent at 90 degrees.
- Squeeze the glute at the top, pause, then return to start without letting the knee rest.
- Avoid twisting your hips or arching your back.

Standing Fire Hydrants

- Stand with feet hip-width and hold onto a chair or wall for balance.
- Lift one bent knee out to the side while keeping the rest of your body still.
- Don't twist your torso or lean. Movement should come from the hip only.
- Lower with control and repeat on each leg.

Outdoor Bike Ride

- Choose a flat or gently rolling route for knee safety.
- Maintain a moderate, steady pace during warm-up (5 mins).
- Alternate 1 min moderate and 1 min fast cadence for the main 15–20 min ride.
- Finish with 5 mins light pedaling to cool down.
- Stay seated to reduce knee strain. Focus on smooth pedal strokes.

Pigeon Stretch

- Start in a plank position and bring one knee forward toward your wrist.
- Lay that leg across your mat and extend the other leg behind you.
- Keep hips square and lower your torso over the front leg.
- Use pillows if hips can't reach the ground. Hold for at least 1 minute per side.

Couch Stretch

- Kneel with one foot on the floor and the other foot on a couch or wall behind you.
- Push your hips forward while keeping torso upright.
- You should feel a deep stretch in the hip flexors and quads of the rear leg.
- Support your knee with a towel or cushion if needed.

Seated Hamstring Fold

- Sit with both legs extended straight in front of you.

- Hinge forward at the hips and reach toward your toes, keeping spine long.
- Don't round your back. Bend knees slightly if needed.
- Hold the stretch and breathe deeply.

Diaphragmatic Breathing

- Lie on your back with knees bent and feet flat.
- Place one hand on your chest and one on your belly.
- Inhale through the nose for 4 seconds—belly should rise.
- Exhale through mouth for 6–8 seconds—belly should fall.
- Repeat for 1–2 minutes to calm nervous system and aid recovery.

You Did That.

First of all—thank you for showing up today. That wasn't easy.

The Picklebooty Project: Week 1, Day 1 is no joke—and if you made it through, even halfway, I want you to take a second and be proud of your effort. This is how we get better: one rep, one ride, one stretch at a time.

Remember, this isn't about being perfect. It's about building strength, momentum, and a body you love living in.

If you have questions about the workout, need modifications, or want to share your progress, feel free to reach out:

Email: Rakstar.edu@gmail.com

Website: www.rakstaredu.com

When you're ready for more—more workouts, more challenges, more support—visit www.rakstaredu.com and keep the momentum going.

You're already becoming her. Keep going.

– Raki | Rakstar Fitness