

Workout 1: Legs & Glutes

EXERCISE	SETS	REPS	NOTES
1. Barbell Squat	1	10	* barbell only
	2-4	6-8	* add weight
2. Bulgarian Lunge	4	8	
3. Circuit: 3 Rounds (30 secs on, 15 secs rest)			2 min break b/w rounds. Want to make it more challenging? Go for 40 secs on, 15 secs rest.
a) Low Jack Squats			
b) Shoulders Elevated Glute Thrust			Hold 2 seconds at top. Add a dumbbell over your hips to make the exercise more challenging
c) Isometric Glute Thrust Hold			
d) Fire Hydrant Kickback (left)			
e) Fire Hydrant Kickback (right)			