

## Bottom Heavy / Core

## Workout 07

### (A) Glutes / Quads

### Sets / Reps

### ABS / Core

### Sec / Minutes

Air Squat

4 x 15

Leg - Lifts

45 sec

### (A) Glutes / Quads

### Sets / Reps

### ABS / Core

### Sec / Minutes

Plyo Lunges

4 x 12

Flutter Kicks

25 sec

### (A) Glutes / Quads

### Sets / Reps

### ABS / Core

### Sec / Minutes

Curtsey Lunges

4 x 15

Cross Crunches

30 sec

### (A) Glutes / Quads

### Sets / Reps

### ABS / Core

### Sec / Minutes

Side Step

4 x 15

Plank Crunches

30 sec

### (A) Glutes / Quads

### Sets / Reps

### ABS / Core

### Sec / Minutes

Kneeling Hip Thrusts

4 x 15

Plank

1 min