

Bottom Heavy / Core

Workout 06

(A) Glutes	Sets / Reps	ABS / Core	Sec / Minutes
Side Step	4 x 10	Leg - Lifts	30 sec

(A) Glutes	Sets / Reps	ABS / Core	Sec / Minutes
Jump Squats	4 x 10	Toe Touches	25 sec

(A) Glutes	Sets / Reps	ABS / Core	Sec / Minutes
Sumo Squat	3 x 12	Crunches (Slowed)	30 sec

(A) Glutes	Sets / Reps	ABS / Core	Sec / Minutes
Pulse Squats	4 x 12	Scissor Kicks	25 sec

(A) Glutes	Sets / Reps	ABS / Core	Sec / Minutes
Glute Bridge w/(LB) (optional)	4 x 12	Plank Crunches	30 sec