

Bottom Heavy / Core

Workout 03

(A) Banded Glutes / Quads

Sets / Reps

High Knees

4 x 15

ABS / Core

Plank Crunches

Sec / Minutes

30 secs

(A) Banded Glutes / Quads

Sets / Reps

Touchdown Lunges

4 x 20

ABS / Core

Plank

Sec / Minutes

1 min

(A) Banded Glutes / Quads

Sets / Reps

Pulse Squats

4 x 15

ABS / Core

Rest

Sec / Minutes

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(A) Banded Glutes / Quads

Sets / Reps

Side Steps

4 x 15

ABS / Core

Bicycle Crunches

Sec / Minutes

30 sec

(A) Banded Glutes / Quads

Sets / Reps

Glute Bridge

4 x 20

ABS / Core

6 inches

Sec / Minutes

1 min