



Bottom Heavy / Core

Yes your workout starts now

Workout 01

(A) Quads/Glutes	Sets / Reps	ABS / Core	Sec / Minutes
Pulse Squat	3 x 10	Flutter Kicks	30 sec

(A) Quads/Glutes	Sets / Reps	ABS / Core	Sec / Minutes
Side Lunges	3 x 10	Russian Twist	30 sec

(A) Quads/Glutes	Sets / Reps	ABS / Core	Sec / Minutes
Curtsey Lunges	3 x 10	Toe Touches	30 sec

(A) Quads/Glutes	Sets / Reps	ABS / Core	Sec / Minutes
RDL's w/DB or KB	3 x 10	Plank	1 min