

Bottom Heavy / Core

Workout 10

Glutes

Sets / Reps

ABS / Core

Sec / Minutes

Sumo Squats w / (DB)

4 x 12

Scissors

30 sec

Glutes

Sets / Reps

ABS / Core

Sec / Minutes

Glute Bridges w / (LB)

4 x 10

Flutter Kicks

30 sec

Glutes

Sets / Reps

ABS / Core

Sec / Minutes

Kneeling Hip Thrusts w / (DB)

4 x 10

6 inches

1 min

Glutes

Sets / Reps

ABS / Core

Sec / Minutes

Hip Thrusts w / (DB) or (KB)

4 x 10

Legs Lifts

30 sec

Glutes

Sets / Reps

ABS / Core

Sec / Minutes

Sumo / Pulse Squats

4 x 15

Toe Touches

30 sec