

Bottom Heavy / Core

Workout 05

(A) Glutes / Hamstrings

Sets / Reps

ABS / Core

Sec / Minutes

Donkey Kicks

4 x 12

Crunches

30 sec

(A) Glutes / Hamstrings

Sets / Reps

ABS / Core

Sec / Minutes

Air Squat

3 x 10

Bicycles

30 sec

(A) Glutes / Hamstrings

Sets / Reps

ABS / Core

Sec / Minutes

Curtsey Lunges

3 x 10

Leg-Lifts

25 sec

(A) Glutes / Hamstrings

Sets / Reps

ABS / Core

Sec / Minutes

Reverse Lunges

3 x 12

Toe Touches

30 sec

(A) Glutes / Hamstrings

Sets / Reps

ABS / Core

Sec / Minutes

Kneeling Hip Thrust w / (DB) (optional)

3 x 12

6 inches

1 min