

Bottom Heavy / Core

Workout 04

(A) Glutes / Hamstrings

Sets / Reps

ABS / Core

Sec / Minutes

Kneeling Hip Thrusts w/(DB) (optional)

4 x 12

Plank

45 sec

(A) Glutes / Hamstrings

Sets / Reps

ABS / Core

Sec / Minutes

RDL's w/(DB)

4 x 15

Leg - Lifts

30 min

(A) Glutes / Hamstrings

Sets / Reps

ABS / Core

Sec / Minutes

Sumo Squats

4 x 12

Rest

...

(A) Glutes / Hamstrings

Sets / Reps

ABS / Core

Sec / Minutes

Forward Lunges

4 x 15

Russian Twists

30 min

(A) Glutes / Hamstrings

Sets / Reps

ABS / Core

Sec / Minutes

Glute Bridge

4 x 20

Plank

45 sec