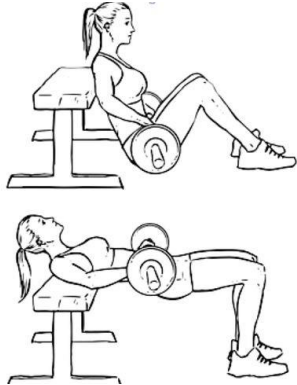


YOUR WORKOUT SPLIT

Glutes / Hamstrings

Exercise 1:



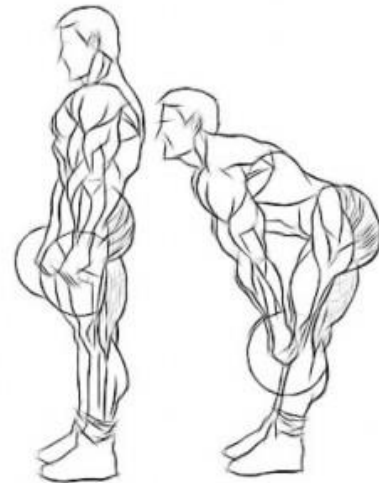
Hip Thrusts

- 1) Sit on the ground, with back on a bench behind you. Position barbell over your legs above your hips
- 2) Raise the weight by driving hips upwards, using feet as support
- 3) Slowly extend, and slowly return to start position.

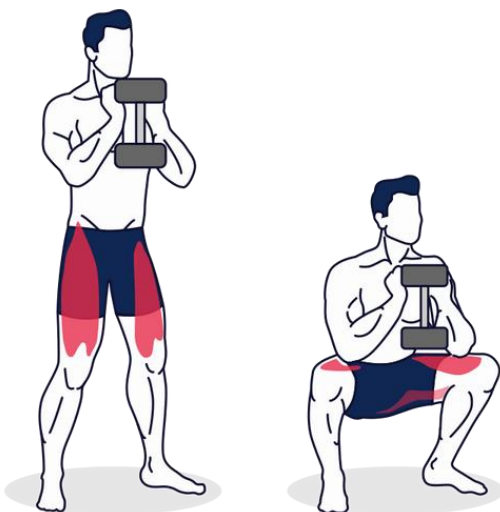
Exercise 2:

Romanian Deadlift:

- 1) Stand straight while holding weight in front
- 2) Drive hips back while leaving knees mostly extended.
- 3) When you feel the stretch in your hamstrings, push your hips forward back into standing position.



Exercise 3:



Goblet Squat

- 1) Hold weight near chest
- 2) Squat straight down and up, and use your knees to initiate the squat
- 3) Return to initial position.