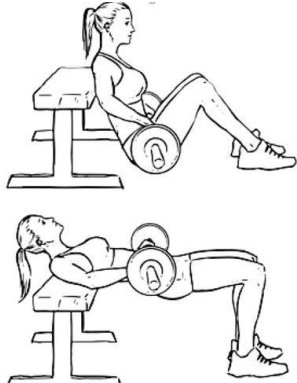


YOUR WORKOUT SPLIT

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.

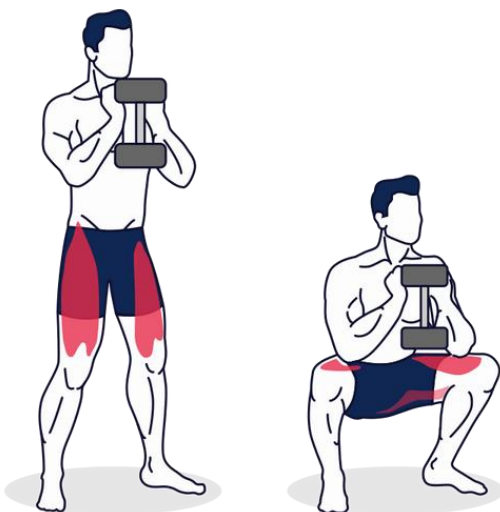
Exercise 2:

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.

Calves

Exercise 1:

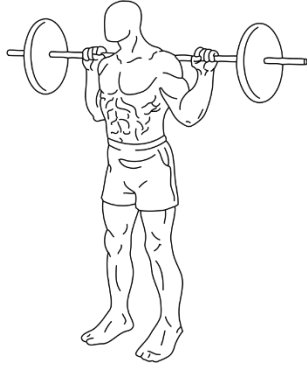


Calf Raises

- 1) Stand tall with feet on ground.
- 2) Raise yourself only using your ankle as a pivot point.
- 3) Pull heels toward ceiling then bring them back down.

Quads

Exercise 1



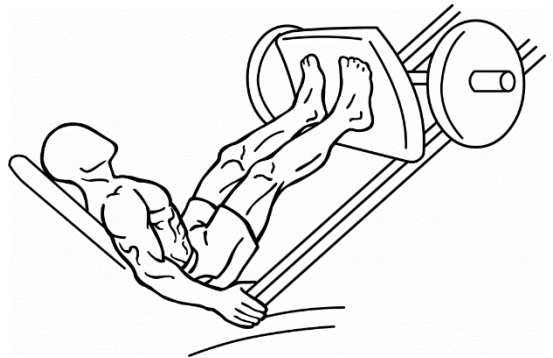
Squats

- 1) Stand with your feet shoulder width apart
- 2) If using barbell, prop weight on shoulders and step forward from rack
- 3) Proceed to squat, sitting back while lowering your body.
- 4) Return to starting position

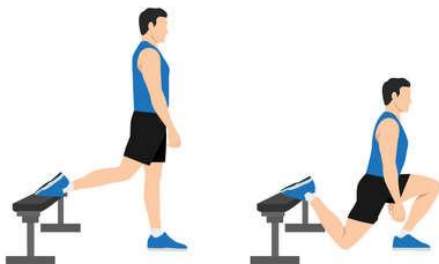
Exercise 2:

Leg Press:

- 1) Place your legs on leg press platform with feet at shoulder width
- 2) Release the weight and extend your legs
- 3) Lower weight until legs are at 90 degrees, then raise to original position
- 4) Don't lock knees or raise back.



Exercise 3:



Bulgarian Split Squats

- 1) Stand with back to a raised surface (bench) and place one of your feet on the bench.
- 2) Squat with front leg until quads are parallel with the floor
- 3) Go back to start.