

WEEK 1 & 2: HAMS, GLUTES

Sets listed are heavier, working sets.

Do 1-2 warm up sets for the first exercise for each body part and then one warm up set for each subsequent exercise.

Superset: completing your second exercise immediately after the first, only resting after the second exercise.

Drop Set: completing a second, lighter set immediately after your first set.

EXERCISE	NOTES	SETS	REPS	REST TIME
Lying Leg Curls superset with Lateral Band Shuffle	Let's start this leg day off with a glutes and hammies burn! Keep your time between exercises and sets minimal. Lying Leg Curls VIDEO LINK Lateral Band Shuffle VIDEO LINK	3	10-15 curls 10 steps each way	Minimal
Leg Press (wide stance)	Increasing the weight every set! Leg Press (wide stance) VIDEO LINK	3-4	8-12	2-4 min
Barbell Walking Lunges	Challenge yourself to go heavy. Barbell Walking Lunges VIDEO LINK	2-3	18-22 total steps	2-4 min
Dumbbell or Bodyweight Bulgarian Split Squats	Move through these quickly, not going too heavy but feeling a major burn after lunging. This will be deadly! Dumbbell Bulgarian Split Squats VIDEO LINK	2	10 each leg	1-2 min
Machine Abductions or Cable Kick Backs	Final pump! Quick reps with a strong contraction. Keep the glutes flexed and engaged throughout your entire set. You can choose a machine or cable for the kick backs. Machine Abductions VIDEO LINK Cable Kick Backs VIDEO LINK	3	20-25 abductions 10-15 kick backs	30 sec

