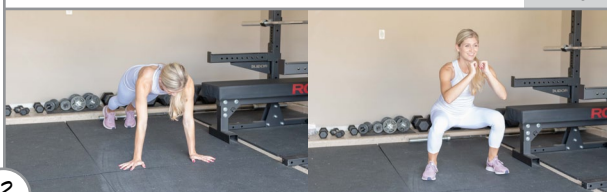


ENGAGEMENT CIRCUIT

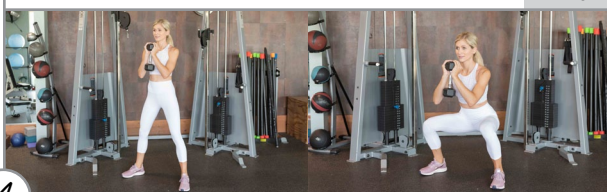
1 SIDE LYING HIP RAISES 15 REPS/SIDE



2 HALF BURPEES 15 REPS



3 GOBLET SQUATS 15 REPS



4 POWER SKIPS 15 REPS/SIDE

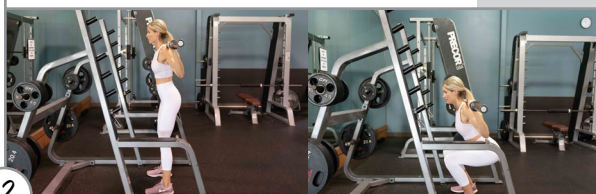


INSTRUCTIONS

Complete all 4 exercises back to back with little to no rest in between. After completing 1 round, move onto the weight training work sets.

WEIGHT TRAINING WORK SETS

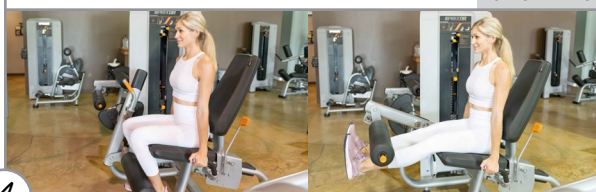
1 BACK SQUATS 3 SETS 15 REPS



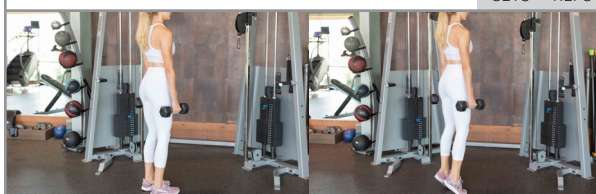
2 LYING LEG CURLS 3 SETS 15 REPS



3 LEG EXTENSIONS 3 SETS 15 REPS



4 CALF RAISES 3 SETS 15 REPS

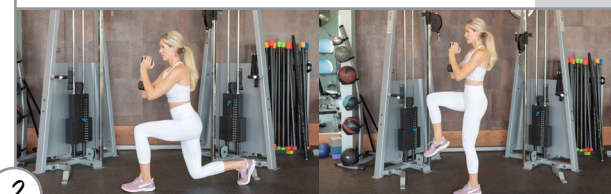


INSTRUCTIONS

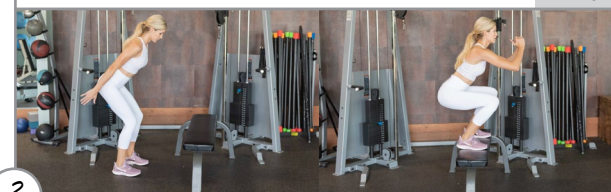
Complete 3 sets of each exercise before moving onto the next. Slightly increase the weight with each set. Rest 30-60 seconds in between sets.

FINISHING CIRCUIT

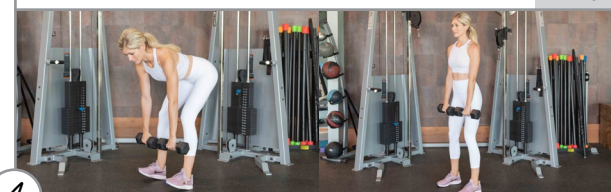
1 REVERSE LUNGE TO KNEE UP 15 REPS/SIDE



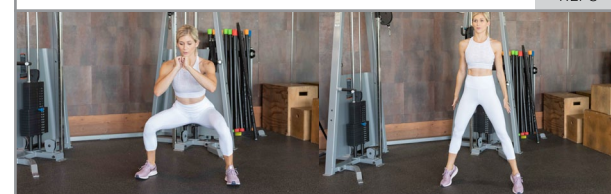
2 BOX JUMPS 15 REPS



3 STIFF LEG DEADLIFTS 15 REPS



4 SQUAT JUMPS 15 REPS



INSTRUCTIONS

Complete all 4 exercises back to back with little to no rest in between. Move onto the recommended and/or optional sections.

Optional: Complete an additional round of the finishing circuit.

Glute Guide Add On Workout - Lower Body Strength

