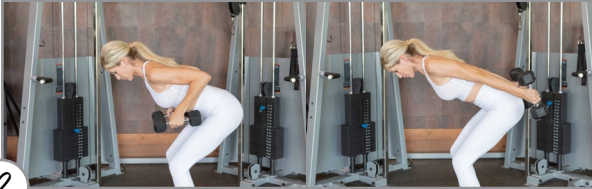
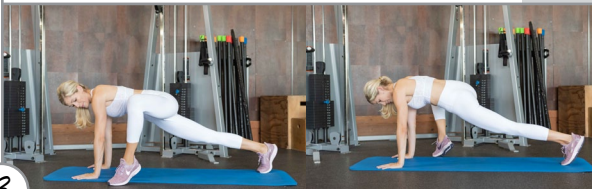
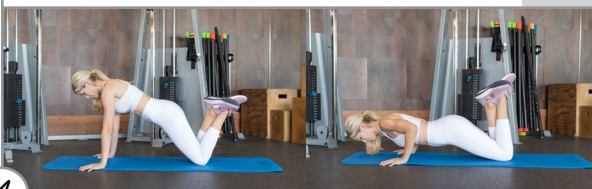
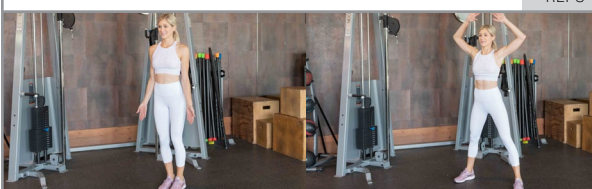


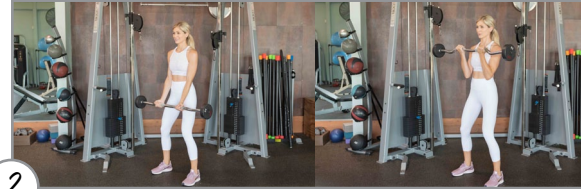

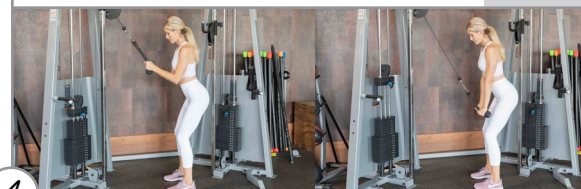
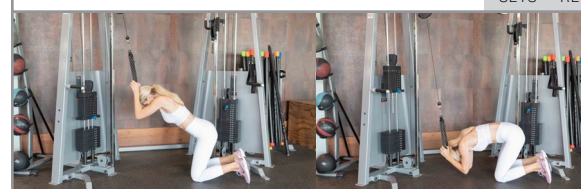
ENGAGEMENT CIRCUIT

- 1 TRICEP KICKBACKS 15 REPS

- 2 SPIDERMAN HOPS 10 REPS/SIDE

- 3 KNEE PUSH UPS 15 REPS

- 4 JUMPING JACKS 30 REPS


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

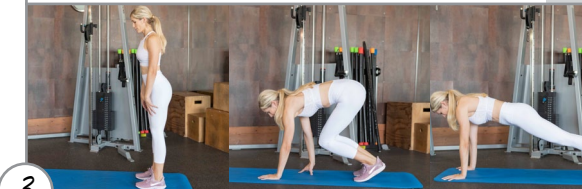
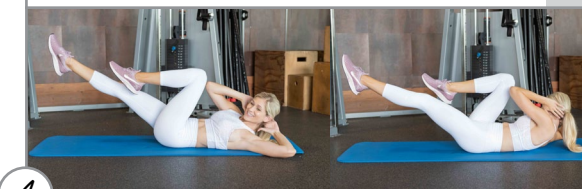
- 1 BICEP CURLS 3 SETS 15 REPS

- 2 ALTERNATING BICEP CURLS 3 SETS 15 REPS

- 3 PUSHDOWNS 3 SETS 15 REPS

- 4 CABLE ROPE CRUNCHES 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 DIPS 15 REPS

- 2 PLANK WALKS OUTS 15 REPS

- 3 BICYCLE CRUNCHES 10 REPS/SIDE

- 4 HEEL TOUCHES 10 REPS/SIDE


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 - Accessory 