



ISOLATED GLUTES

SUPERSET 1

1 KNEELING HIP THRUSTS 30 SEC



2 BACK SQUATS 30 SEC

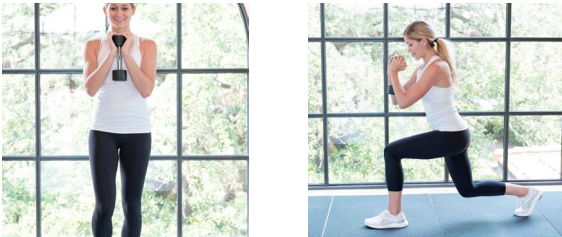


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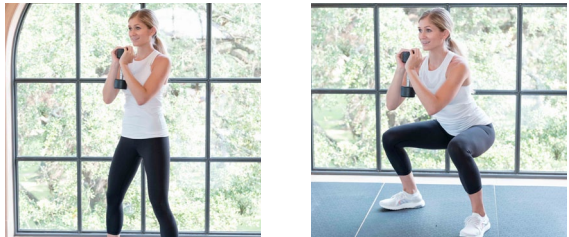
REST 30 SECONDS + COMPLETE 3 TOTAL ROUNDS

SUPERSET 2

3 REVERSE LUNGES 30 SEC



4 GOBLET SQUATS 30 SEC




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REST 30 SECONDS + COMPLETE 3 TOTAL ROUNDS

SUPERSET 3

5 SINGLE LEG HOPS 30 SEC/SIDE



6 SQUAT JUMPS 30 SEC



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REST 30 SECONDS + COMPLETE 3 TOTAL ROUNDS