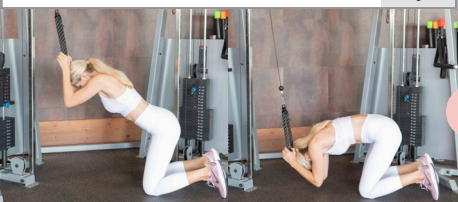



GLUTES + ABS *Preview Week, Day 5*

CIRCUIT 1: *Complete 4 rounds*

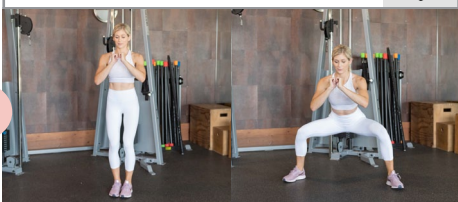
1 **Cable Rope Crunches** 15 reps



2 **Glute Kickbacks** 15 reps/side



3 **Pop Squats** 15 reps



CIRCUIT 2: *Complete 4 rounds*

1 **Crossbody Toe Touches** 8 rep/side



2 **Overhead Squats** 20 reps



3 **Alternating Jump Lunges** 8 reps/side



CIRCUIT 3: *Complete 4 rounds*

1 **Crunches** 15 reps



2 **Good Mornings** 20 reps

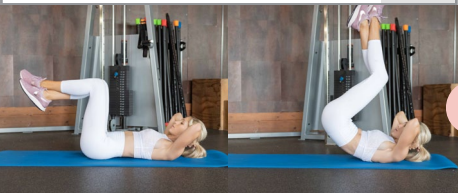


3 **Squat Jumps** 15 reps

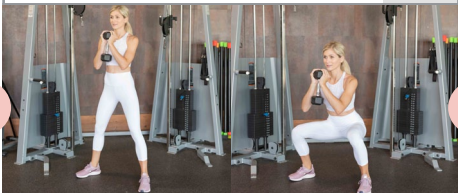


CIRCUIT 4: *Complete 4 rounds*

1 **Reverse Crunches** 15 reps



2 **Goblet Squats** 20 reps



3 **Lunge/Lunge/Squat Jumps** 8 reps

