

GLUTES + SHOULDERS

Preview Week, Friday

1
Goblet Squats
15 reps

Box Squat + Jump
10 reps

2
Good Mornings
15 reps

Deadlifts
15 reps

3
Overhead Squats
15 reps

Underhand Grip Side Lateral Raises
10 reps

4
Arnold Shoulder Press
15 reps

Y-Raises
10 reps

5
Half Burpees
10 reps

Spiderman Hops
10 reps/side

Knees to Jump Squat
10 reps