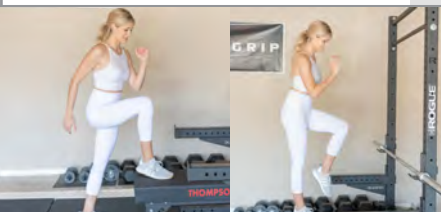




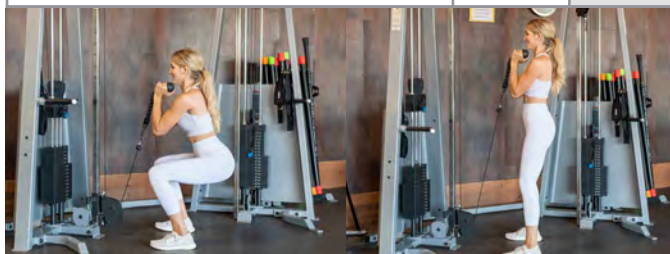
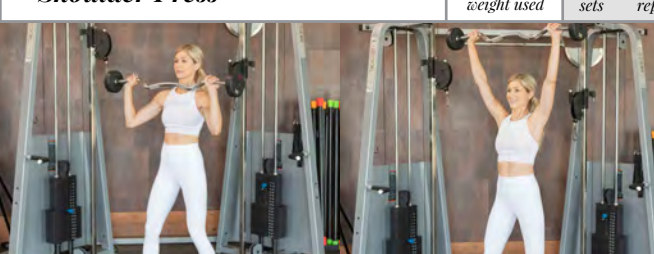
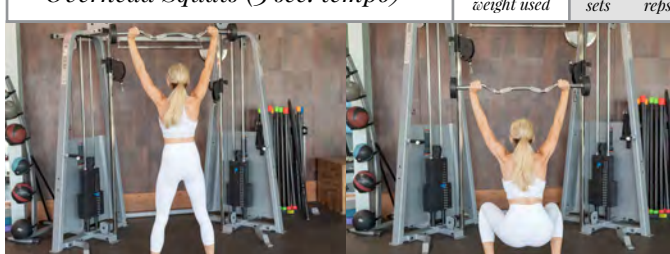
GLUTES + SHOULDERS

Week 1, Thursday

ACTIVATION CIRCUIT





<p>1</p> <p><i>Knee Ups</i></p> <p>15 reps/side</p> 	<p>2</p> <p><i>Reverse Hyperextensions</i></p> <p>15 reps</p> 	<p>3</p> <p><i>1 sec. Squat Hold + Squat Jump</i></p> <p>15 reps</p> 
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WEIGHT TRAINING WORK SETS

<p>1</p> <p><i>Hip Thrusts</i></p> <p>weight used</p> <p>3 sets 12 reps</p> 	<p>2</p> <p><i>Cable Front Squats (3 sec. tempo)</i></p> <p>weight used</p> <p>3 sets 15 reps</p> 
<p>3</p> <p><i>Shoulder Press</i></p> <p>weight used</p> <p>3 sets 12 reps</p> 	<p>4</p> <p><i>Overhead Squats (3 sec. tempo)</i></p> <p>weight used</p> <p>3 sets 12 reps</p> 

FINISHING SUPERSETS

Complete 2 rounds of each superset

<p>1</p> <p><i>Underhand Side Lateral Raises</i></p> <p>weight used</p> <p>15 reps</p> 	<p>2</p> <p><i>Modified Burpee to Shoulder Press</i></p> <p>weight used</p> <p>10 reps</p> 	<p>2</p> <p><i>Reverse Lunge to Overhead Press</i></p> <p>weight used</p> <p>12 reps/side</p> 	<p>2</p> <p><i>Box Squat + Jump</i></p> <p>15 reps</p> 
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