



GLUTES & HAMSTRINGS- HOME

	SETS	REPS/TIME	EXERCISE	EXERCISE SWAP	TIPS/TRICKS
A1	3	15/Leg	Banded Glute Kickbacks	Standing Banded Abductor	Band above your knees. Lifting one leg up to the ceiling. Squeeze glutes & slowly lower, repeat.
A2	3	10/Side	Alternating Lunges	Static Lunge	Step forwards & lower into a lunge. Alternate legs.
A3	3	30 Sec	Squat Holds	Pulsing Squats	Lower into a full squat position and hold there for 30 Sec.
B1	3	15	Sumo Squat -Double Pulse	Body weight Squat	Wide stance, toes pointing out. Control downwards movement through glutes & hamstrings.
B2	3	15/Side	Banded Fire Hydrants	Banded Abductor	Table-top position. Band above your knees. Lifting one leg up to the side. Squeeze glutes & slowly lower, repeat.
B3	3	15	Jump Squats	Pulsing Squats	Lower into a squat, drive as high as possible and land back in the squat making sure knees are bent on landing.
C1	3	10-12/Leg	Split Squats	Static Lunge	Place back foot on box/bench. Lower into a lunge position, pause at the bottom and return to start, repeat.
C2	3	15/Leg	Glute Thrusts -Single Leg	Hip Thrusts	Lying flat on a mat, drive through your heels and thrust your hips upwards. Pause at the top and slowly lower keeping your glutes contracted.
D1	3	15/Leg	Walk Lunges	Step Ups	Stepping out in front of you, slowly lower into a lunge. Pause and bring your feet together as you step forward, repeat.