



GLUTES & HAMSTRINGS

	SETS	REPS/TIME	EXERCISE	EXERCISE SWAP	TIPS/TRICKS
WARMUP	3	15	Lying Banded Abductors	Standing Banded Abductor	Band above your knees. Lifting one leg up to the side. Squeeze side of glutes & slowly lower, repeat.
WARMUP	3	10/Side	Banded Crab Walks	Curtsy Lunge	In a squat position, band above your knees. Walk 10 steps to your right in this position, repeat on left side
WORKOUT					
A1	3	10-12	BB Squats - 1 & ¼ Reps	DB Squats	Lower into a full squat position and hold in the squat, come up ¼ of the range, pause, drop to bottom of squat & slowly return to start position.
B1	3	15	BB Glute Thrusts -1 & ¼ Reps	BB Glute Thrusts	Brace core & drive the bar up using your glutes & hamstrings, lower ¼ of the way back down, drive back up to the top of the range. Pause & slowly lower to start position.
C1	4	12,10,8,6	BB Sumo Deadlift	Leg Press Sumo Stance	Brace your core and glutes throughout the whole movement. Slowly lower keeping the bar close to your shins, pause and return to start.
D1	3	10/Side	DB Curtsy Lunge	Machine Abductor	Stepping out behind your left leg, slowly lower into a lunge. Pause and return to start. Complete one leg at a time.
E1	3	10/Leg	DB Split Squats -2 Sec Pause at bottom	Static Lunge	Place back foot on box/bench. Lower into a lunge position, pause at the bottom and return to start, repeat.
E2	3	15-20	Glute- Hamstring Raises	SB Glute Hamstring Raises	Hips above the end of the machine, round back to take your lower back out of the exercise and slowly pull yourself up using your glute/ hamstring muscles. Squeeze and slowly lower. You can add weight to this exercise to make it harder.