

DAY 1

- 3 rounds of:
 - 8 Single Leg Dumbbell Hip Thrusts, each side
 - 8 Hip Extended Clam Shells, each side
 - 2x Banded Lateral Walk x20

- 2 rounds of:
 - 8 Banded Donkey Kicks, each side
 - 8 Banded Fire Hydrants, each side
 - 8 Banded Glute Bridges, each side

- 2 rounds of:
 - 8 Seated Dumbbell Shoulder Press
 - 10 Bicep Curls
 - 10 Hammer Curls

Modifications:

- Single Leg Dumbbell Hip Thrust - substitute with Bodyweight Single Leg Hip Thrusts of Dumbbell Hip Thrusts
- Banded Donkey Kicks & Fire Hydrants - substitute with Bodyweight Donkey Kicks & Fire Hydrants

PROGRESS TRACKING

WEEK 1	WEEK 3