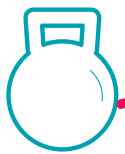




DAY 1 | WEEKS 1 & 2

LOWER BODY

SUPERSET 4 sets

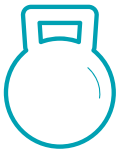


Walking Lunges | 4x20 (10 per leg) INTO:

Weighted Squats | 4x10



Glute Bridge | 4x20



Fire Hydrant Variation | 4x20 (10 per side)

SUPERSET 4x10 each exercise



Hip Thrust | Straight INTO:

RDL (Romanian Deadlift)

Equipment:

Dumbbells + barbell or weights + mat

Tips:

Rest 60-90 seconds between each set and before moving on to the next exercise. This is not meant to be done as a circuit. For the exercises where you focus on one leg at a time, you can perform those with minimal rest in between. Listen to your body! If you need more rest, please do so! This workout may take around 30-40 min, depending on rest times.