

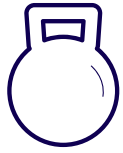


~40 min

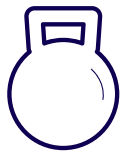
Rest 1 min
between sets

DAY 1 | WEEKS 1 & 3

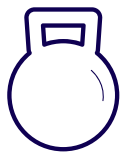
LOWER BODY



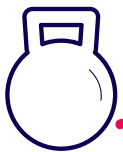
Glute Bridge | 4x10



Fire Hydrant | 4x10 per leg



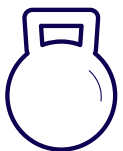
Donkey Kick + 5 Pulses | 4x10 per leg



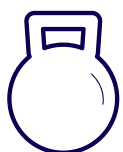
Banded Squat | 3x10 | Straight INTO:



Banded Side Step | 3x20 (10 per side)



Kickback | 4x10 per leg



Weighted Squat | 4x10

Equipment:

Dumbbells + resistance band + leg weights (optional) + bench (or something similar)

Tips:

Rest 1 min 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.