

DAY 1

- 3x15 Dumbbell Hip Thrust
- 2 rounds of:
 - 6 Barbell Box Squats
 - 12 Walking Lunges
- 2 rounds of:
 - 10 Dumbbell Chest Press
 - 5 Push Ups (push ups can be done to a barbell, knees, or toes)
 - 10 Dumbbell Bicep Curls
- Plank Style Finisher**
- 2 rounds of:
 - 5 Inchworms
 - :30sec Elbow Plank
 - 12 Hip Dips

PROGRESS TRACKING

| WEEK 1 | WEEK 3 |
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