


Those Glutes Tho' Booty Workout

Date: ____/____/____

EXERCISE		ROUND 1		ROUND 2		ROUND 3	
		REPS	LBS	REPS	LBS	REPS	LBS
		Get Down/Get Up w/Jump Tuck 3 sets of 10 reps Targets Glutes Quads, Abs					

EXERCISE		ROUND 1		ROUND 2		ROUND 3	
		REPS	LBS	REPS	LBS	REPS	LBS
		Weighted Step Ups 3 sets of 10 reps Targets Glutes, Quads,					

EXERCISE		ROUND 1		ROUND 2		ROUND 3	
		REPS	LBS	REPS	LBS	REPS	LBS
		Weighted Glute Bridge 3 sets of 15 reps Targets Glutes					

EXERCISE		ROUND 1		ROUND 2		ROUND 3	
		REPS	LBS	REPS	LBS	REPS	LBS
		Stiff Legged Deadlift 3 sets of 10 reps Targets Glutes, Lower Back					

EXERCISE		ROUND 1		ROUND 2		ROUND 3	
		REPS	LBS	REPS	LBS	REPS	LBS
		Weighted Squats 3 sets of 10 reps Targets Glutes, Quads					

EXERCISE		ROUND 1		ROUND 2		ROUND 3	
		REPS	LBS	REPS	LBS	REPS	LBS
		Weighted Lunges 3 sets of 10 reps Targets Glutes, Quads, Abs					