



Glute Burn

Warm Up

(5-8 minutes to prepare your body for the workout)

Standard Squats 4 x 15

Squats with 3 Pulses at Bottom 4 x 15

Deadlifts 4 x 15

Single Leg Deadlifts 4 x 10 (each Leg)

Reverse Alternating Lunges 4 x 15 (each Leg)

Glute Bridges/Hip Thrusts 4 x 20

Single Leg Glute Bridges/Hip Thrusts 4 x 20 (each Leg)

Donkey Kicks 4 x 20 (each Leg)

Plank to Pike with Knee Tuck 4 x 10 (each leg)

Cool Down & Stretch