



20/06/2023

🕒 45 MIN / STRENGTH

LOWER BODY HYPERTROPHY: GLUTES + HAMSTRINGS

 **Equipment:** weights (2x dumbbells / kettlebell or rucksack)

This is a Strength session focused on targeting your glutes (bum) muscles and hamstrings (back of the legs) specifically, to gain that strength and definition. Aim to go heavier on your weights to really see results.

Mobility & Warm Up Follow Along

5 MINS

HOT START: 6MIN AMRAP - 2 rounds

Table Top Kick Back x40s

SA Swing x40s

Side Plank Hold x40s

6 MINS

STRENGTH BLOCK 1: 3 rounds

Rear Foot Elevated RDL x30s es

Elevated Glute Bridge x30s es

1 min rest

10 MINS

STRENGTH BLOCK 2: 3 rounds

RDL & 1/4 x40s

Glute Bridge x40s

DB Snatch x30s

1 min rest

10 MINS

G& Hammi EMOM: 2 rounds

10 MINS

Glute Focused Step Up L

Glute Focused Step Up R

KB Swings

DB Deadlifts