

AT-HOME WORKOUTS

PHASE 1 - WEEKS 1-3

WORKOUT 1: MONDAY - GLUTES/HAMSTRINGS/BACK

Rest for 45-60 seconds between all sets unless otherwise noted

| EXERCISE | SETS | REPS |
|--|------|----------------------------|
| + LOWER BODY WARMUP | | |
|  Dumbbell Hip Thrust <i>Use dumbbell in place of barbell (shown).</i> | 6 | 2x5-8 (warmup), 4x10-12 |
|  Dumbbell Low Hinge Lunge | 3 | 12-15 (each leg) |
|  Dumbbell Glute Kickback <i>Pause and squeeze at the top of each rep for 2 seconds.</i> | 3 | 12-15 (each leg) |
|  Dumbbell Partial Romanian Deadlift <i>3 second negative (lowering) each rep. Rest 90 seconds between sets.</i> | 4 | 10-12 |
|  Dumbbell Cossack Squat | 4 | 12-15 (each leg) |
|  Neutral Grip Dumbbell Row | 4 | 10/10 (dropset) |
|  Supermans <i>Pause and squeeze at the top of each rep for 2 seconds.</i> | 3 | 15-20 |
|  Standing Calf Raise <i>Perform 15 regular reps, then 5 slow reps to finish each set (5 seconds up, 5 seconds down). Use dumbbells for added resistance.</i> | 3 | 20 |