

AT-HOME WORKOUTS (DUMBBELL/BODYWEIGHT) WEEKS 1/3/5

DAY 3: WEDNESDAY - LOWER BODY/GLUTE FOCUS (HIGHER REP)

Rest 45-60 seconds between all sets/supersets unless otherwise noted

EXERCISE	SETS	REPS/TIME
+ LOWER BODY WARMUP		
SUPERSET *perform both exercises on the right leg before switching to the left		
▶ Bodyweight Lateral Step Up To Lateral Leg Raise <i>*use bench in place of chair</i>	3	12 (each leg)
▶ Bodyweight Single Leg Chair Hip Thrust	3	15 (each leg)
SUPERSET		
▶ Dumbbell Glute Bridge (barbell) <i>*use dumbbells in place of barbell</i>	3	15
▶ Dumbbell Partial Romanian Deadlift	3	15
▶ Chair Assisted Pistol Squat	3	12-15 (each leg)
SUPERSET		
▶ Glute Circles	3	30 sec (each leg)
▶ Pilates Side Plank With Leg Raise	3	30 sec (each leg)
▶ Dumbbell Glute Kickback (FST-7) <i>*rest 30 seconds between sets</i>	7	10-12 (each leg)
SUPERSET		
▶ Dumbbell Lateral Lunge	3	15 (each leg)
▶ Dumbbell Swings	3	20