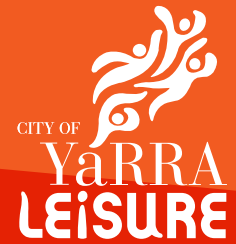


LOWER BODY WORKOUT JUST PEACHY



Put your glutes to work with this simple but ferociously targeted workout and feel. the. burrrrrn. in your behind!

You'll be doing 3 rounds, with up to 30 seconds rest between each exercise. You've got this!

WORKOUT

- 1 20 x pistol squats (10 reps each side)
- 2 20 x glute bridges (10 reps each side)
- 3 3 x wall-sit, hold for 45 seconds (get low!)
- 4 20 x jump lunges (10 each side)
- 5 15 x pulse squats