

# LOWER BODY

## GLUTE GLADIATOR



Give this 20 minute lower body strength and conditioning workout a try, all you need is a small set of dumbbells! This routine will focus on those glutes, hamstrings and quads and is the perfect lower body home workout. Good luck!

### WARM UP

- 1 10 x bodyweight squats
- 2 10 x bodyweight alternating lunges
- 3 10 x single leg glute bridges \*each side

### WORKOUT

30 seconds of work followed by 20 seconds between exercises and take up to 1 minute between rounds. Aim for 3 rounds! You've got this.

- 1 Curtsy lunges
- 2 DB goblet squats
- 3 DB RDLs
- 4 DB glute bridges

Don't forget to stretch and cool down once you're all done, great job! Try child's pose, seated hamstring stretch or back extensions.