



LOVE YOUR BOD

# BAD ASS

COMPLETE 5 MINUTES OF FOAM ROLLING + 5-10 MINUTES OF DYNAMIC WARM-UP

## Circuit 1

REPEAT THE CIRCUIT 3x

EXERCISE NAME	W1 REPS/LBS	W2 REPS/LBS	W3 REPS/LBS	W4 REPS/LBS	SETS
GLIDER REVERSE LUNGE - LEFT LEG ONLY	10 REPS 0-25 LBS				
SINGLE LEG DEAD LIFTS - LEFT LEG ONLY	10 REPS 0-25 LBS				
GLIDER REVERSE LUNGE - LEFT LEG ONLY	10 REPS 0-25 LBS				
CURTSY SQUAT WITH GLIDERS - LEFT LEG ONLY	15 REPS 0-25 LBS				
GLIDER REVERSE LUNGE - RIGHT LEG ONLY	10 REPS 0-25 LBS				
SINGLE LEG DEAD LIFTS - RIGHT LEG ONLY	10 REPS 0-25 LBS				
GLIDER REVERSE LUNGE - RIGHT LEG ONLY	10 REPS 0-25 LBS				
CURTSY SQUAT WITH GLIDERS - RIGHT LEG ONLY	15 REPS 0-25 LBS				

## Circuit 2

REPEAT THE CIRCUIT 3x

EXERCISE NAME	W1 REPS/LBS	W2 REPS/LBS	W3 REPS/LBS	W4 REPS/LBS	SETS
DUMBBELL BENCH HIP THRUSTERS	8-12 REPS 25-45 LBS				
GOBLET SQUATS WITH BAND	8-12 REPS 15-45 LBS				
BENCH CROSS OVER TOE TAPS	10-15 EACH 0-20 LBS				

\* TAKE A 60 SECOND REST AT THE END OF THE CIRCUIT BEFORE YOU MOVE ON TO YOUR SECOND SET

## Circuit 3 - FINISHERS

REPEAT THE CIRCUIT 3x

EXERCISE NAME	W1 REPS/LBS	W2 REPS/LBS	W3 REPS/LBS	W4 REPS/LBS	SETS
WALL SIT WITH BANDED ABDUCTIONS	20-30 REPS 0 LBS				
SIDE STEPS WITH LOOP BAND	20-40 EACH 0 LBS				
DIAMOND HIP BRIDGE WITH LOOP BAND	20 REPS 0 LBS				

\* TAKE A 60 SECOND REST AT THE END OF THE CIRCUIT BEFORE YOU MOVE ON TO YOUR SECOND SET