

Day 15

L1

A Romanian Deadlift

4x8 90 sec rest

B Barbell Hip Thrust

4x8 60 sec rest

C Rear Foot Elevated Split Squat

3x12 60 sec rest

D Single Leg Hyperextension

3x12 60 sec rest

E Glute Bridge

1x15 60 sec rest

1x12 60 sec rest

1x10 60 sec rest

F Glute Kickback w/Band

3x20 60 sec rest

G Bird-Dog

3x15 60 sec rest

Day 16

U1

A Dumbbell Shoulder Press

4x10 60 sec rest

B Dumbbell Pullover

3x10 60 sec rest

C Standing Arnold Press

3x12 60 sec rest

D Floor Row

3x12 60 sec rest

E Incline Dumbbell Bench Press

1x15 60 sec rest

1x12 60 sec rest

1x10 60 sec rest

F Face Pull w/Band

3x15 60 sec rest

G Dumbbell Bicep Curl

3x10 60 sec rest

H Tricep Kickback

3x10 60 sec rest

Day 18

L2

A Stability Ball Squat

4x8 60 sec rest

B Barbell Hip Thrust

3x12 60 sec rest

C Romanian Deadlift

3x12 60 sec rest

D Clamshell

3x12 60 sec rest

E Poor Man's Leg Extension

1x15 60 sec rest

1x12 60 sec rest

1x10 60 sec rest

F Band Pull Through

3x15 60 sec rest

G Plank Knee Taps

3x12

Day 19

U2

A Dumbbell Row

4x10 60 sec rest

B Alternating Dumbbell Shoulder Press

4x10 60 sec rest

C Dumbbell Frog Pump

3x20 60 sec rest

D Band Pull Through

3x20 60 sec rest

E Concentration Curl

3x15 60 sec rest

F Skull Crushers

3x15 60 sec rest

G Russian Twist

3x15 60 sec rest