

Exercise

Base Prescription

Day 1:

Day 2:

Day 3:

Hip Thrust with Barbell



Set	Wgt (lbs)	range	Wgt (lbs)	range	Wgt (lbs)	range	Wgt (lbs)	range
1	0.0	10-12						
2	0.0	10-12						
3	0.0	10-12						
4	0.0	10-12						



90 sec rest before next exercise

Split Squat with Dumbbell



Set	Wgt (lbs)	range	Wgt (lbs)	range	Wgt (lbs)	range	Wgt (lbs)	range
1	0.0	8-10						
2	0.0	8-10						
3	0.0	8-10						



90 sec rest before next exercise

Romanian Deadlift with Barbell



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	10						
2	0.0	10						
3	0.0	10						
4	0.0	10						



90 sec rest before next exercise

Glute Kickbacks

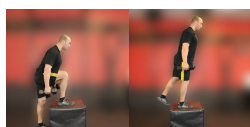


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	15						
2	0.0	15						
3	0.0	15						



90 sec rest before next exercise

Step Up with Dumbbell



Per Leg

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	10						
2	0.0	10						
3	0.0	10						