



## Glute Dominant – LEG DAY

**A/ Warm up** - If you have a hip circle, I want you to perform 25 seated clamshells with your hands on your hips / upper glutes to make sure we are feeling them. Rest 60 seconds, then lay on a bench as if you were pressing and perform another 25 clamshells in that position. Let's activate the glutes and mentally connect before we get going.

**1/ Hip thrusts** – work your way up doing sets of 10 reps until you reach a weight that's a very difficult 10. Rest pause style every rep, so come up and contract HARD then lower the weight down and pause for a second. We will count the last 3 sets.

**3 sets of 10 reps**

**2/ Lying hamstring curls** – 1 large drop set here after a few warm ups. Do 2-3 warm ups until we find a weight that's a HARD set of 10 reps, then drop the weight and do 10 more, then drop again and do 10 more. So its 1 set of 30 reps (you can rest 10-15 seconds between drops) Stretch your hamstring for 30 seconds after you are done here. Can be one at a time.

**1 massive drop set**

**3/ Dumbbell Bulgarian split squats** - Let's use a weight pretty quickly that's tough for 10 reps. Lean your torso forward on these to get a good stretch in the glutes. 2 sets of 10 reps, at the end of both sets I want you to pause at midway point - hold that position for 15 seconds.

**2 sets of 10 w/ 15 sec iso-hold**

**4/ Barbell Romanian deadlift** - We are going to be increasing the load for 3 sets of 12, 10 and 8 reps. Remember this is a hip hinge movement, so push your glutes back to the wall behind and only use an active range of motion. Ladies, using quarters instead of plates is usually a good idea for most. I want a 3 second count on the eccentric and 3 second count on the concentric for every rep.

**3 sets of 12,10,8**