

GLUTE GARAGE

WOD #2

WARM UP: FOAM ROLL, STRETCH, MUSCLE ACTIVATION

CIRCUIT: 2X10

OPPOSITE ARM LEG RAISE

SIDE LYING HIP RAISE

SIDE LYING CLAM

FLOOR BRIDGE

MAIN WORKOUT:

BARBELL HIP THRUSTER 4X12

DEADLIFT 3X8

CABLE HIP EXTENSION 3X10

BARBELL SHOULDER PRESS 3X8

DB SINGLE ARM ROW 3X8

DB LATERAL LUNGE 3X5

ROCKCITYFITNESS