

THE LITTLE WHITE GYM
AUGUST GLUTES CHALLENGE

CIRCUIT A

Side Steps 5 each direction
Forward/Back Steps - 5 each direction
Monster Walk - 5 each direction
Standing Kick Back - 10 reps each leg
Standing Side Kick - 10 reps each leg

CIRCUIT D

Side Steps 8 each direction
Forward/Back Steps - 8 each direction
Monster Walk - 8 each direction
Standing Kick Back - 12 reps each leg
Standing Side Kick - 12 reps each leg

CIRCUIT G

Side Steps 10 each direction
Forward/Back Steps - 10 each direction
Monster Walk - 10 each direction
Standing Kick Back - 10 reps each leg with pulse
Standing Side Kick - 10 reps each leg with pulse

CIRCUIT J

Side Steps 15 each direction
Forward/Back Steps - 15 each direction
Monster Walk - 15 each direction
Standing Kick Back - 12 reps each leg with pulse
Standing Side Kick - 12 reps each leg with pulse

CIRCUIT B

Donkey Kick - 5 reps each leg
Fire Hydrant - 5 reps each leg
Glute Bridge - Hold and count to 10
Glute Bridge Open Knees - 5 reps
Glute Bridge Hip Thrust - 5 reps

CIRCUIT E

Donkey Kick - 5 reps each leg with pulse
Fire Hydrant - 5 reps each leg with pulse
Glute Bridge - Hold and count to 15
Glute Bridge Open Knees - 10 reps
Glute Bridge Hip Thrust - 10 reps

CIRCUIT H

Donkey Kick - 10 reps each leg
Fire Hydrant - 10 reps each leg
Glute Bridge - Hold and count to 20
Glute Bridge Open Knees - 10 reps with pulse
Glute Bridge Hip Thrust - 10 reps with pulse

CIRCUIT K

Donkey Kick - 10 reps each leg with pulse
Fire Hydrant - 10 reps each leg with pulse
Glute Bridge - Hold and count to 20
Glute Bridge Open Knees - 15 reps
Glute Bridge Hip Thrust - 15 reps

CIRCUIT C

Seated Abduction - 5 reps
Side Lying Leg Raise - 5 reps each leg
Knee Pull - 5 reps each leg
Clam - 5 reps each leg
Side Lying Circles - 5 reps each leg

CIRCUIT F

Seated Abduction - 8 reps
Side Lying Leg Raise - 8 reps each leg
Knee Pull - 8 reps each leg with pulse
Clam - 8 reps each leg
Side Lying Circles - 8 reps each leg

CIRCUIT I

Seated Abduction - 10 reps
Side Lying Leg Raise - 10 reps each leg
Knee Pull - 10 reps each leg
Clam - 10 reps each leg
Side Lying Circles - 10 reps each leg

CIRCUIT L

Seated Abduction - 12 reps
Side Lying Leg Raise - 12 reps each leg
Knee Pull - 12 reps each leg
Clam - 12 reps each leg
Side Lying Circles - 12 reps each leg

DATE	CIRCUIT	COMPLETED ✓
1 August	A	
2 August	B	
3 August	C	
4 August	A	
5 August	B	
6 August	C	
7 August	REST	
8 August	D	
9 August	E	
10 August	F	
11 August	D	
12 August	E	
13 August	F	
14 August	REST	
15 August	G	
16 August	H	
17 August	I	
18 August	G	
19 August	H	
20 August	I	
21 August	REST	
22 August	J	
23 August	K	
24 August	L	
25 August	J	
26 August	K	
27 August	L	
28 August	REST	
29 August	J	
30 August	K	
31 August	L	

