

LEGS 1: GLUTES & HAMSTRINGS VOLUME

WARM UP: 3 ROUNDS

20 Seated hip abductor (Resistance band or abductor machine)

20 Banded air squats

CONDITIONING PHASE:

Order	Exercise	Sets	Reps	Rest	Comments
1	Barbell Back Squat	4	8-12	60-90 seconds	Form over weight always!
2	Sumo Deadlifts	4	15,12,8,6	60 seconds	Pyramid: Decreasing reps, increasing weight
3	Single Leg Lying hamstring curl	3	6	None	Both legs concentric, lower one leg eccentric phase. Complete 6 reps on each leg continuously for 3 sets. No rest.
4A	Glute focused back extension	2	15-20	N/A (superset with 4B)	Hold plate to increase intensity. Face down to maintain neutral spine. Heels down, toes lifted and turned out.
4B	DB Romanian Deadlift	2	10-15	60 seconds	Complete 15-20 reps of 4A and go straight into 10-15 reps of 4B before resting for 1 minute.
5A	DB Single Leg Bulgarian Split Squat	2	8-10	N/A (superset with 5B)	Dumbbell in each hand
5B	DB goblet squats	2	12-15	60 seconds	Complete 8-10 reps of 5A and go straight into 12-15 reps of 5B before resting for 1 minute.

FINISHER: 3 ROUNDS. 20 seconds rest between rounds.

15 Kettlebell swings

15 Jump squats