

FITMAS: Day 17

Heavy Legs & Glutes

Our legs are rested and ready after yesterday's recovery; and that's exactly what you'll need to crush this. The goal of today is to really challenge yourself with the weights you choose. It can be really easy to get stuck in a pattern of choosing the same weights over and over without really thinking about it. Sure, it's still "hard" but you know you could challenge your strength more.

So today we're going to PUSH SOME SERIOUS WEIGHT (while being safe and maintaining form of course). You ready to feel strong?

Warm Up

Complete five minutes of moderate intensity cardio on any machine you like. Increase the speed minute by minute, so that by the fifth minute you are actually really started to go at a challenging pace.

Movement Prep

Foam Roll x 5 minutes

Spend a full minute on each of your quads, glutes, and hamstrings.

Lunge w/ reach x 8/leg

Hip Openers x 12

Banded Bodyweight Squats x 15

Donkey Kicks x 20/leg

Single-leg Glute Bridges x 15/leg

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Circuit no. 1 - Complete 4 Rounds

A. Tempo Goblet Squats x 8

Lower down for 3 counts, hold for 3 counts, drive up for 1 count

Tempo: 3/3/1

B. Tempo Hip Thrusts x 10

Drive your hips up for 3 counts, hold for 3 counts, lower down for 1 count

Tempo: 3/3/1

C. Weighted Sumo Squat Hold x 60 seconds

Circuit no. 2 - Complete 2 Rounds

*this circuit is paired. Do all reps of all exercises on one side, before switching to the next.

A. Curtsy Lunges x 15

Options to advance: If you have already performed TFGG LIFT, feel free to do these as Barbell Curtsy lunges

B. Single-leg Step Ups x 20

C. Single-leg Elevated Glute Bridges x 20

Finisher:

The goal here is to finish all reps of both exercises! You get to break these down into sets in whatever way you like though. Try and keep your breaks short and really push through. I know it's hell but I also know you can do this.

Jump Lunges x 100 (50/leg)

Jump Squats x 100

Stretch, Roll, and tell the gang you fucking crushed it.