

FITMAS: Day 2

Band & Bench Glutes

The whole point of FITMAS is to give you tools that you can use whenever you need, no matter where you are or what you have going on! Today's workout can be done just as easily at home, or at the gym. All you're going to need is a bench and a glute band, and your ass is just one workout away from literally turning into the peach emoji.

Warm Up

Bum Kicks x 60 sec
Jumping Jacks x 60 sec
High Knees x 60 sec

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

Place the band above your knees and focus on driving them apart as much as you can.

Glute Activation

Standing Kickbacks x 30/leg

- Set up for these by holding on to something sturdy in front of you. You should be standing tall with your core braced.
- Kick backward with hard, sharp movements. Your foot should be flexed, and you should focus on feeling this directly on the glutes of the side you are kicking.

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Circuit no. 1 - Complete 3 Rounds

A. Banded Pause Jump Squats x 20

- Place a band just above your knees and focus on driving them apart
- In each jump squat, you should lower down, count to 2 and then jump up with as much power and height as you can!

B. Golden Arches x 20

- A band is optional here depending on what you need to challenge yourself!

C. Lateral Band Walks x 20/direction

- Place the band just above your knees. With each step, ensure that your knees are NEVER caving inward! Your feet and knees should be parallel at all times.

Circuit no. 1 - Complete 2 Rounds

This circuit is paired! Do all exercises on one side before switching to the next.

A. Elevated Split Squats x 25

- These have no added weight, so the focus should be speed and balance.
- Make sure you drive your weight through your front heel to fully utilize your working glute!

B. Single-leg Hip Thrusts x 15

- Pause for two counts at the top of each rep.
- Brace your core to protect your back!

C. Single-leg Elevated Glute Bridges x 15

- Pause for two counts at the top of each rep.
- Brace your core to protect your back!

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Glute Burnout - Complete 2 Rounds

This circuit is paired! Do all exercises on one side before switching to the next.

A. Banded Donkey Kicks x 20/leg

- Place the band around both knees before setting up in your Donkey Kick position.
- Kneel on top of the band with your stabilizing leg to lock it in place.
- When you drive your working leg into the kick, pause for 2 counts at the top before lowering back down.
- Make sure to keep your back straight, don't arch!!

B. Banded Burners x 20/leg

- Place the band around both knees before setting up in your Burner position.
- Kneel on top of the band with your stabilizing leg to lock it in place.
- Kick back with as much power as you can, keeping your hips square to the ground.
- Make sure to keep your back straight, don't arch!!

Finisher: Up and Overs x 200

- Set the timer and get started!
- Your goal is to get these done as quickly as you can, with proper form.
- Take breaks, but keep them short and only use them when you really need to.
- I believe in you.

STRETCH