



FITMAS: Day 23

High Rep Glutes

I'm not sure if you've watched the TFGG story, but I trialled out this workout for you babes one day early...DAMN MY ASS IS ON FIRE. Like literally as I write this, I can feel it getting sore, and I can promise that I will be doing a second stretch sesh before the night is over.

Here's to challenging ourselves, and starting out 2019 with the strongest and most lifted ass of our lives. Let me know how this one goes! xo

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

Activation

Lateral Activation Taps x 60 sec/side (on story)

Lunge to Knee Tuck x 60 sec/side (on story)

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Circuit no. 1 - Complete 3 Rounds

A. Banded Speed Squats x 50

Focus on tracking your knees out, sending your hips back, and driving through your heels. It's up to you if you want to do this bodyweight or with a light dumbbell!

B. Banded Hip Thrusts x 30

Drive through your heels, and lock your core on! Don't arch your back. It's up to you if you want to do these body weight or add a light dumbbell.

C. Overhead Walking Lunges x 20/leg (on story)

Superset no. 1 - Complete 3 Rounds

A. Paused Jump Squats x 12 (on story)

Drive through your heels, and lock your core on! Don't arch your back. Jump high and get full depth with every squat.

B. Lateral Band Walks x 20/direction (on story)

Track your knees out and never let them cave inward at any point.

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)

Stability Ball Hamstring Curls x 60

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