

FGT GLUTE GAINS WORKOUT

WORKOUT GOAL	Lift & Shape your lower body assets.					
WORKOUT DESCRIPTION	Build lower body lean muscle and add functional strength with this resistance band led workout.					
SAFETY BRIEF	Working at pace and with high intensity; complete as many repetitions as possible while maintaining correct form.					
EQUIPMENT	Resistance Bands					
DURATION	30 mins					
MOBILISERS	3D squats		Clams		Lateral lunge	
THE WORKOUT	Session design			Methodology		
	Complete the list of all 8 exercises within the circuit, then complete a further 2 times. 3 rounds in total.			To increase the intensity of the session, aim to have minimal rest in between each exercise. You will alternate between resistance band and body weight exercises.		
	Set	Exercise	Reps	Sets	Equipment	Direction
	1	Single straight leg deadlift	15 reps	2 (1 each side)	Resistance band	
	2	Jumping lunge	30 reps	2	Body weight	Add a sandbell with upper body rotation to increase intensity if required
	3	Squat with lateral shuffle	1 min	1	Resistance band	Aim to shuffle left 5 steps and right 5 steps
	4	Narrow to wide glute bridge	15 reps	2	Body weight	Lead with left leg on the first set, and right leg with the second
	5	Prone leg curl	15 reps	2 (1 each side)	Resistance band	
	6	Glute kickbacks	15 reps	2 (1 each side)	Body weight	
	7	Reverse crunch	15 reps	2	Resistance band	
8	Down dog reach	30 reps	2	Body weight	Alternate reach from arm to opposite foot	
Complete this circuit 3 times in total						
COOL DOWN	Complete a light row session for 2 - 5 mins, aim to row 400 - 1000m.					
STRETCH	Abs, Lower back, Quads, Hamstrings, Glutes					
SIGNPOSTING	Use our CORE app and view class timetables to complete the full Legs, Bums and Tums/toning and FGT Glute Gains classes.					