

GLUTE BLAST COUNTDOWN WORKOUT

100 SUMO SQUATS

90 HIP THRUSTS

80 SINGLE LEG THRUSTS

70 KICKBACKS

60 LUNGES

50 SQUATS

40 SQUAT HOLD TOE TAPS

30 CALF RAISES

20 SQUAT JUMPS

10 SIDE SQUAT & LUNGE

YOUR NEW YOU STARTS TODAY.