

GYM CIRCUIT 1

Mini band side shuffle

- 15 reps each side
- Place a mini band above your knees. Staying in a low squat stance shuffle to one side and then to the other side. Remember to stay in your heels and keep your butt down.

Butt to box squat

- 8-12 reps
- Using a bench or plyo box, with a barbell resting across your shoulders keep your back flat and core tight sit back and stay in your heels. Squat down and sit your butt on the bench or box for 2-3 seconds. Come up leading up with your chest, pressing through your heels making sure that your knees do not cave inward.

Goblet squat pulses

- 20 reps
- Holding a kettlebell or dumbbell in front of you, get your feet about shoulder width apart. Make sure you are not resting the weight on your chest. Squat down and perform pulses coming up only halfway. Make sure that your glutes are engaged the entire time and that your chest is up and your shoulders are back.

Mini band air squat

- 40 seconds
- With a mini band above your knees, squat down and hold at the bottom for 2-3 seconds. Come up leading up with your chest, pressing through your heels making sure that your knees do not cave inward.

GYM CIRCUIT 2

Resistance band bulgarian split squat

- 15 reps each side
- Put one foot up on a bench or step with a resistance band around both shoulders and under the foot that is planted on the ground. Stay somewhat close, this is a squat, not a lunge. When you come down you should be pushing your hips back and staying in your heels.

Heels up squats

- 15-20 reps
- Put your heels on small weights. You still want to press up through your heels. Make sure you sit your butt back and lead up with your chest. You will most likely feel this the most in your quads. Also, make sure you keep your knees pointing forward.

Sumo squat

- 12-15 reps
- Holding a Kettlebell or dumbbell in front of you, point your toes outward with a wide stance. Squat down letting the weight come in between your legs. When you stand, press through your heels and squeeze up through your inner thighs and glutes.

Wall sit alternating leg extension

- 15 reps each side
- Get into a wall sit position. Straighten one leg out so it is parallel to the ground. Flex your quad at the top. The longer you leave your leg straight at the top the harder it will be.

GYM CIRCUIT 3

Shoulders elevated weighted single leg glute thrust

- 12 reps right side
- With your shoulders elevated on a plyo box, bench, chair, or step. Place one heel on the floor and the other foot in the air with your leg bent and place a weight across your hips. Lift your hips off the ground and keeping your chin tucked in, and bring your other leg in towards your chest. At the top, squeeze your glutes and then lower back down – DO NOT LET YOUR BUTT TOUCH THE GROUND

Shoulders elevated single leg glute thrust

- 20 reps right side
- With your shoulders elevated on a plyo box, bench, chair, or step. Place one heel on the floor and the other foot in the air with your leg bent. Lift your hips off the ground and keeping your chin tucked in, and bring your other leg in towards your chest. At the top, squeeze your glutes and then lower back down – DO NOT LET YOUR BUTT TOUCH THE GROUND

Shoulders elevated weighted single leg glute thrust

- 12 reps left side
- With your shoulders elevated on a plyo box, bench, chair, or step. Place one heel on the floor and the other foot in the air with your leg bent and place a weight across your hips. Lift your hips off the ground and keeping your chin tucked in, and bring your other leg in towards your chest. At the top, squeeze your glutes and then lower back down – DO NOT LET YOUR BUTT TOUCH THE GROUND

Shoulders elevated single leg glute thrust

- 20 reps left side
- With your shoulders elevated on a plyo box, bench, chair, or step. Place one heel on the floor and the other foot in the air with your leg bent. Lift your hips off the ground and keeping your chin tucked in, and bring your other leg in towards your chest. At the top, squeeze your glutes and then lower back down – DO NOT LET YOUR BUTT TOUCH THE GROUND

Mini band alternating stiff leg deadlift step

- 40 seconds
- With a mini band above your knees or around your shins, holding weight in your hands, do not lock out your knees, keep your back straight bend at your hips keeping your spine straight, as you lift from this position squeeze your glutes. Once you are up take a step to the side and perform a wider stance stiff leg deadlift. Repeat this exercise and alternate the side you step towards.

Squat hold tap outs

- 40 seconds

- Put a resistance band above your knees and get into a squat stance staying in your heels with your chest up and shoulders back. Keeping tension on the band the entire time, alternate feet by tapping a few inches outside of your squat stance.

GYM CIRCUIT 4

Weighted alternating reverse lunge

- 40 seconds
- Holding dumbbells in both hands either at shoulder level or down at your sides. Take a step back, performing a reverse lunge keeping the weight in your heel of your front foot. Step your feet back together, switch legs, and repeat.

Bodyweight lunges

- 40 seconds
- Lunge forward staying in your heel of your front foot. Bring your back foot up to meet your front foot and repeat.

Alternating kneeling-single leg hop

- 40 seconds
- Start on one knee. As you come up press through your heel of your foot that is flat on the ground. Stand and hop up bringing your back knee up to hip level. Bring your foot back down, step back to a kneeling position with the other leg and repeat.

Forward-reverse frog jumps

- 40 seconds
- With a medball, squat down keeping your hips down. Roll the ball slightly in front of you and press down on the medball just a little bit when you hop forward. Make sure you stay as low as possible the entire time.

GYM CIRCUIT 5

Cross leg raise

- 20 seconds each side
- Lay flat on the ground with your shoulders elevated and one leg out and the other leg crossed over that leg your ankle of your other leg should be resting above the knee of the straight leg. Put your hands behind your but tor behind your head, raise your legs up and and down, making sure you do not rest your legs on the ground at the down position. Pro tip: the straighter you keep your legs the harder the exercise is.

Flutter kicks

- 20 seconds
- Keep your mid and lower back on the ground. Flutter your legs as big or as small as you would like.

Knee tuck alternating kick out

- 20 seconds
- Lay flat on the ground with your shoulders elevated. Put your hands behind your but tor behind your head. Bring your knees in towards your chest and then ou tone leg at a time so that your legs are straight, making sure you do not rest your legs on the ground when they are straight. Alternating which leg you kick out with each time.

V sit single leg twist

- 20 seconds each side
- In a V sit position, try to keep your legs bent at a ninety degree angle. Press one leg out (or set on the floor in needed) and twist towards the leg that is up. Bring your leg back in to a ninety degree angle and repeat to the same side.

Bear crawl crunch

- 20 seconds each side
- Get into a crewl position with your knees slightly off the ground. Keeping your back flat kick your back leg out and reach the opposite arm in front of you, crunch your leg and opposite arm in keeping your core tight.

Plank jack

- 20 seconds
- Mini band is optional. In a plank position, keep your body as stiff as possible. Keeping your core tight, jump your feet in and out just like a jumping jack.