

GLUTE FOCUSED LEGS & CORE WORKOUT



**TREVOR
KOURITZIN**

Superset 1:

A. Straight Leg Barbell Deadlift (heavy): 3 sets x 8-10 reps

B. Kettle Bell Swings or Plie Squats: 3 sets x 20 reps each

***Rest 30 seconds between supersets**

Superset 2:

A. Hip Thrusts (heavy): 5 sets x 5-6 reps

*last rep of last set hold for 10-30 seconds (or until failure)

B. Plank: 1 min x 5 sets

1. Regular Plank

2. Plank with Leg Lift (30 sec per side) ([see video here](#))

3. Dolphin planks ([see video](#))

4. Alternating hip dips ([see video](#))

5. Forward and Back ([see video](#))

***No Rest between supersets**

***Rest 2 minutes after entire set is complete**



Superset 3:

A. Single Leg Reverse Hack Squat: 3 sets x 10-12 reps

[\(see video\)](#)

B. Seated Medicine Ball Russian Twists: 3 sets x 30 reps each side

[\(see video\)](#)

***No Rest between supersets**

***Rest 2 mins after entire set is complete**

Exercise 4:

Barbell Squats (heavy): 5 sets x 5-6 reps

***Get somebody to spot you if needed**

***Rest 1 min between sets**

Superset 5:

A. Curtsy Lunges with Body Weight or Dumbbells: 3 sets x 12 reps/leg

[\(see video\)](#)

B. Mountain Climbers: 3 sets x 30-60 seconds

***Rest 2 min after superset**

Exercise 6:

Walking Cable squats: 3 sets x 100 reps

[\(See video\)](#)

Final Burnout Exercise (If you still have some juice left in your legs):

Speed Skating Forward Lunges: 3-5 sets x 10 lunges/leg

[\(see video:\)](#)

