

Perform one set of the first exercise, rest, perform second set, rest, and perform third set, rest. Move on to the next exercise.

Exercise	Weight	Sets	Reps
Glute bridges 1 minute rest between sets	No weight	3	20
Single leg (RDL) 2 minute rest between sets	2 10lb dumbbells	3	10
Alternating lunge jump 1 minute rest between sets	No weight	3	15
Plank 1 minute rest between sets	No weight	3	30 seconds



N-er-G Fitness