



1 - ABDUCTOR MACHINE

SETS

3

REPETITIONS

15

Reducing the weight.

GLUTES WORKOUT



2 - SUMO SQUAT

SETS

3

REPETITIONS

10

Hold 3 seconds down.



3 - HIP THRUST



ROUNDS

2

SETS

5

REPETITIONS

10



Execute 5 sets of 10 repetitions with 10 seconds of rest. Execute it 2 times.

4 - STIFF UNILATERAL + COURTESY LUNGE



SETS

3

REPETITIONS

10



SETS

3

REPETITIONS

10

Stiff Unilateral – Normal execution.
Courtesy Lunge – Normal execution.

5 - SIDEWAY HIP EXTENSION IN THE PULLEY

SETS

3

REPETITIONS

15

Normal execution.

