



LEGS
WORKOUT

GLUTE FOCUSED
LEG WORKOUT



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AUTHOR: BRANDON B

TRAINING LEVEL: INTERMEDIATE

WORKOUT DURATION: 1 DAY

EXERCISE	SETS	REPS	TEMPO	REST	VIDEO
Barbell Back Squat	4	8	2110	2:00	
Dumbbell Single Leg RDL	4	8	2110	2:00	
Lying Hamstring Curls	3	12-15	2101	1:30	
Machine Leg Extensions	3	12-15	2101	1:30	
Walking Dumbbell Lunges	3	15	X	1:30	
Calf Raises	3	15-20	X	1:30	