



**LEGS**  
**WORKOUT**

**GLUTE FOCUSED**

**LEG WORKOUT**



## GLUTE FOCUSED LEG WORKOUT

**AUTHOR:** BRANDON B

**TRAINING LEVEL:** INTERMEDIATE

**WORKOUT DURATION:** 1 DAY

### WORKOUT NOTES:

\*\*We recommend doing a few warm up sets before each exercise at a lower weight. This ensures you are properly warmed up and ready for your "working" sets.\*\*

EXERCISE	SETS	REPS	TEMPO	REST	VIDEO
Hip Thrust	2	12	2110	2 Min	
Bulgarian Split Squat	3	8	2110	2 Min	
Barbell RDL	3	10	3110	2 Min	
Cable Kickback	2	12	2010	1.5 Min	
Machine Abduction	2	20	2010	1.5 Min	