

# GREAT LEGS & GLUTES

BENCH & DUMBBELL WORKOUT *with Courtney Ring* IFBB BIKINI PRO

You can perform the workout twice a week, in addition to your other training. "This workout is both efficient and effective because it hits the major muscle groups of your legs and glutes," said Courtney. "With a clean-eating regimen, an exercise routine and consistency, you will be sure to shape beautiful legs and glutes."

EXERCISE	SETS	REPS
SPLIT SQUAT	3	12 EACH LEG
<b>superset with</b> STEP-UP JUMP	3	12 EACH LEG
DUMBBELL DEADLIFT	3	15
<b>superset with</b> BENCH JUMP	3	10
GOBLET BENCH SQUAT	3	15
<b>superset with</b> LATERAL STEP-UP	3	10 EACH LEG
DUMBBELL HAMSTRING CURL	3	15
<b>superset with</b> SINGLE LEG DUMBBELL HIP THRUST	3	12 EACH LEG