

# POSTERIOR POWER WORKOUT *with Justine Munro* IFBB BIKINI PRO

**PART 1: GLUTE ACTIVATION BAND CIRCUIT**  
 REPEAT CIRCUIT 3-4 TIMES. REST 1 MINUTE AFTER EACH ROUND.

EXERCISE	REPS/TIME
BAND CLAMS	15, EACH SIDE
BAND LATERAL WALKS	15, EACH SIDE
BAND GLUTE BRIDGE BURN	20
BAND OUT/IN HOPS	30 SECONDS

## PART 2: BUILD STRENGTH & SHAPE SUPERSETS

EXERCISE	SETS	REPS
<b><i>SUPERSET 1</i></b>		
SUMO DEADLIFTS	4	12
BAND SQUAT OUT/IN JUMPS	4	15
<b><i>SUPERSET 2</i></b>		
DIAGONAL WALKING LUNGES	4	12, EACH LEG
SPRINT BACK	4	1
<b><i>SUPERSET 3</i></b>		
DUMBBELL STEP-UP JUMP	4	12, EACH LEG
BUNGEE BROAD JUMPS	4	15
<b><i>SUPERSET 4</i></b>		
3-WAY LEG CURL	4	12, EACH POSITION
SKATER JUMPS	4	15, EACH LEG