

TIGHT AND TONED ABS AND GLUTES WORKOUT with IFBB Pro *Anya Ellis*

EXERCISE	SETS	REPS
GLUTES - Perform this workout twice a week		
CABLE KICKBACKS	4	20
SUMO DEADLIFTS	4	20,15, 15, 12
HIP THRUSTS ON SMITH MACHINE	4	20, 15,15,12
GOOD MORNINGS <i>SUPERSET WITH</i> KETTLEBELL SWINGS	4	15-20
WALKING LUNGE WITH A KICKBACK	4	30 (15 EACH LEG)
GLUTES - Perform this workout twice a week		
STABILITY BALL KNEE TUCK	4	20
V-UPS	4	20
CABLE CRUNCHES	4	20
WEIGHTED REVERSE CRUNCH ON A BENCH	4	20
HIIT CIRCUIT - Perform this workout two to three times a week. Perform the circuit five times through, resting 40 seconds between each exercise.		
BOX JUMPS		15
SCISSOR JUMPS		20
BIKE SPRINTS		ONE MINUTE AT 40 PERCENT OF YOUR EFFORT, 45 SECONDS AT 90 PERCENT EFFORT