

# LEGS & GLUTES

FOR WOMEN  
**FITNESSRx** PRINT AND GO  
YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY

## BEST SHAPE OF YOUR LIFE WORKOUT

with Ms Bikini Olympia

**PART 2 OF 5**

*Ashley Kaltwasser*

EXERCISE	SETS	REPS
<b>LEGS &amp; GLUTES</b>		
WARM-UP WITH JUMP SQUATS	1	25
BARBELL LUNGE	4	10 (EACH LEG)
<b><i>SUPERSET WITH</i></b>		
STABILITY BALL LEG CURL	4	15
GLUTE-HAM RAISE	3	10
DUMBBELL HAMSTRING CURL	3	15
SINGLE-LEG BACK EXTENSION	3	10 (EACH LEG)
DUMBBELL BULGARIAN SPLIT SQUAT	3	12
CALF RAISE MACHINE		
<i>1 SET OF THE FOLLOWING</i>		
TOES OUT		20
TOES FORWARD		20
TOES IN		20
BODYWEIGHT CALF RAISE	1	TO FAILURE