

Muscle Conditioning Workout 3 aka Glutes Guts and Guns By Katherine Ricca

Repeat each round twice before moving onto the next one.
I recommend 45-60 seconds of rest in between rounds.
Takes approximately 30 minutes to complete.

Round 1:

Goblet Squat x12
Push Ups x10 (option: incline or knee push ups)
Burpee x10 (option: no jumps)

Round 2:

Split Squat x12
Shoulder Press x15
Jump Squats x10 (option: air squats to reduce impact)

Round 3:

Alternating Lunges x16
21s (bicep curls, **see notes below)
O.H. Tricep Ext x12
Jumping Jacks x12 (option: eliminate the jump to reduce impact)

Round 4:

Single Leg Glut Bridge x12 (option: both feet on the ground)
Bent Over Row x12
Plank 30 sec (option: from elbows or hands)
Bicycles 30 sec (option: keep feet on the ground and swivel back and forth tapping the ankles)
Crunch Taps 1 min (**see notes below)

Notes:

**21s – start with arms extended, curl until you reach 90 degrees at elbow, repeat 7x, now curl from 90 degrees at elbow until your weight is 1-2 inches away from the shoulder, repeat 7x, then lower the weight and do 7 full curls)

** Crunch Taps - Crunch up and tap opposite hand to knee, repeat other side, then come up for a full sit up, repeat.