



MOVEMENT	SETS	REPS	REST
A1// Banded Glute Bridge	2	12-20 reps	No rest superset with A2
A2// Banded Clam Raises	2	6-10 reps each side	60 seconds rest then return to A1
B1// Banded Donkey Kicks	2	10 reps each leg	No rest go straight to B2
B2// Heavy Banded Fire Hydrants	2	10 reps each leg	60 seconds rest then return to exercise B1
C// Barbell Hip Thrust	4	8-12 reps	No rest go straight to C2

Follow-on with the rest of your planned workout