

PHASE 2

WORKOUT THREE: GYM WORKOUT

EXERCISE	REPS	SETS	TEMPO	REST
Sumo Deadlift	12	3-4	Slow & Controlled	Circuit
Stability Ball Glute Bridges	12	3-4	Slow & Controlled	Circuit
Stability Ball Hamstring Curls	12	3-4	Slow & Controlled	Circuit
Lower Core Combo	20/exercise	3-4	Slow & Controlled	Up to 2 minutes rest