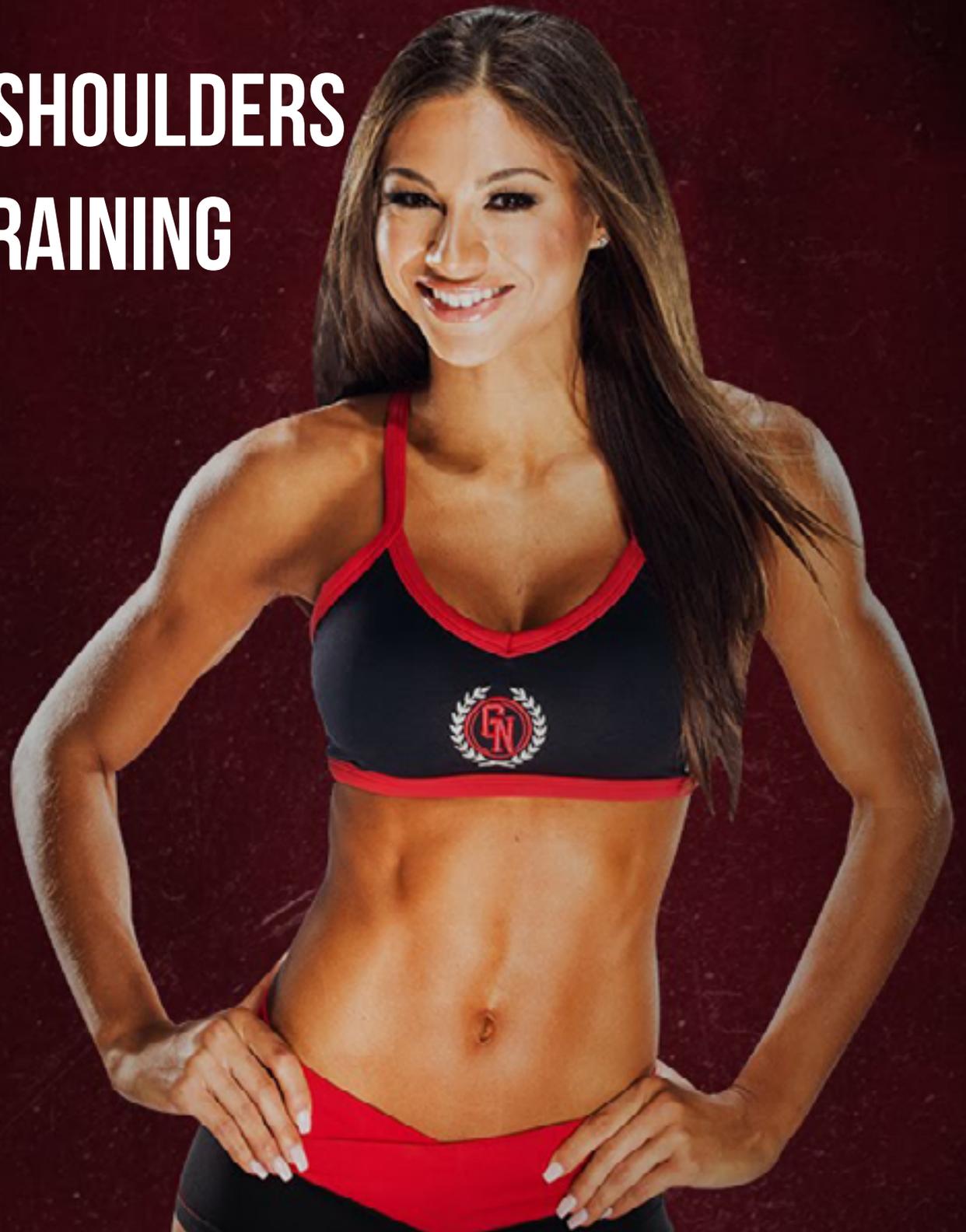


**GLUTES, ABS & SHOULDERS**  
**THE WINNING TRAINING**  
**TRINITY**



# GLUTES, ABS & SHOULDERS - THE WINNING TRAINING TRINITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning cardio 45 min- ute brisk walk on pavement or tread- mill	Morning cardio 45 min- ute brisk walk on pavement or tread- mill	Morning cardio 45 min- ute brisk walk on pavement or tread- mill	Morning cardio 45 min- ute brisk walk on pavement or tread- mill	Morning cardio 45 min- ute brisk walk on pavement or tread- mill	Morning cardio 45 min- ute brisk walk on pavement or tread- mill
<b>MAIN WORKOUT:</b>					
Warm up - 5 to 10 min. cardio Use stairs, elliptical etc	Warm up - 5 to 10 min. cardio Use stairs, elliptical etc	Warm up - 5 to 10 min. cardio Use stairs, elliptical etc	Warm up - 5 to 10 min. cardio Use stairs, elliptical etc	Warm up - 5 to 10 min. cardio Use stairs, elliptical etc	Warm up - 5 to 10 min. cardio Use stairs, elliptical etc
<b>GLUTES</b>	<b>GLUTES</b>	<b>SHOULDERS</b>	<b>GLUTES</b>	<b>GLUTE / LEG</b>	<b>BACK</b>
Leg Press Toes Out / Wide Stance 10, 10, 15, & 25 reps *	Ground to 1/2 up smith machine squat (Do not lock out at top)	Activation Exercises: Arm Circles / Hatches And Hinges	Hip Thrust Glute Bridge On Platform 3 sets x 20-25 reps *	Goblet Squat 3 sets x 15-20 reps each *	Vertical lat pulldown 10, 15 & 20 *
	Feet together - 10, 15 reps * Feet Wide - 10, 15 & 25 reps	Use as a warm up			
BB Straight Leg Dead- lifts 10, 15 & 25 *			Single Leg Glute Bridge On Bosu Ball 3 sets x 15 reps each *	Leg Abduction 3 sets x 15-20 reps each leg *	Seated Cable Row 10, 15, & 25 *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Kickbacks with Band or Cable 4 sets of 20 reps each side **	Front Deltoid Raises 3 sets x 15 reps each **			
Butt-Blaster machine 4 Sets x 25 reps **			Hamstring Curl on Ball 3 sets x 15 reps each *	Butt Blaster Hip Extension 4 sets x 25 reps each leg *	Dumbbell Bentover Row 10, 15, & 25 *
	Walking Dumbbell Lunges 3 sets x 30 steps each side **	Rope Cable Pull 3 sets x 20 reps each **			
Fire Hydrants - 4 X 20 reps each leg			Kickbacks with Band or Cable 4 sets of 20 reps each side *	Fire Hydrants 4 sets x 20 reps each leg *	<b>BICEPS</b>
	Barbell Hip Thrusts 4 sets x 15 reps **	Bent Over Rear Delt Lateral Raise 3 sets x 15 reps each **			
<b>LEGS</b>	<b>ABS</b>		Walking Dumbbell Lunges 3 sets x 30 steps each side *		Standing Barbell Curls 10, 15, & 25 *
		Lateral Raises Dumbbell Grip 3 sets x 15 reps each **			Seated Machine Curls 3 sets x 15 reps each
Lying Leg Curls 10, 15 & 25 *	Plank Progressions 45 seconds to 1 minute x 4 sets **		<b>ABS</b>		
		Seated Arnie Dumbbell Press 10,15, 25 reps *			<b>ABS</b>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Single Leg Curls 10, 15 & 25 *	Lying Stability Ball Pass 4 sets x 10 reps **	Straight Arm Cable Push Down 3 x 15 reps **			Disc Slides 3 sets X 15 reps each **
		<b>CHEST</b>	Stir The Pot 4 sets x 30-45 seconds hold *		
<b>CALVES</b>	Lying Flutter and Scis- sor Kicks 3 sets x 45 seconds - 1 minute each **	Chest Press Machine 10,15, 25 reps *			Mountain Climbers 3 sets x 25 reps to each side **
			Side Plank 3 sets x 45 second hold *		
Standing Calves 4 sets X 20 reps each **		High Cable Crossovers 3 x 15 reps **			Reverse Bent Leg Hy- perextension 3 sets x 15-20 reps
			Knee to Elbow Plank 4 sets x 30 seconds each side *		
Seated Calves 4 Sets X 20 reps each **		<b>TRICEPS</b>			
		Triceps Dips 3 x 15 reps **	V- Sit Twist With Med Ball 3 sets x 50 total reps *		
		Triceps Pressdowns 10,15, 25 reps *			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cool down - stretching, 5 to 10 min. cardio Use stairs, elliptical etc	Cool down - stretching, 5 to 10 min. cardio Use stairs, elliptical etc	Cool down - stretching, 5 to 10 min. cardio Use stairs, elliptical etc	Cool down - stretching, 5 to 10 min. cardio Use stairs, elliptical etc	Cool down - stretching, 5 to 10 min. cardio Use stairs, elliptical etc	Cool down - stretching, 5 to 10 min. cardio Use stairs, elliptical etc
* Rest 45s to 1 min between each set. Decrease weight as reps increase	* Rest 45s to 1 min between each set. Decrease weight as reps increase	* Rest 45s to 1 min between each set. Decrease weight as reps increase	* Rest 45s to 1 min between each set. Decrease weight as reps increase	* Rest 45s to 1 min between each set. Decrease weight as reps increase	* Rest 45s to 1 min between each set. Decrease weight as reps increase
** Rest 45s to 1 min between each set	** Rest 45s to 1 min between each set	** Rest 45s to 1 min between each set	** Rest 45s to 1 min between each set	** Rest 45s to 1 min between each set	** Rest 45s to 1 min between each set

*Janet* LAYUG  


---

FITNESS