

FIT CHICKS®

Abs & Glutes Circuit

WORKOUT

This workout alternates 1 minute of glutes with 30 seconds of abs!
Use your bodyweight, or add weights for an extra challenge.

Repeat 2-3x

1 minute hip thrusters

30 second plank

1 minute single leg deadlift right leg

30 second side plank right

1 minute single leg deadlift left leg

30 second plank left

1 minute sumo squats

30 second plank with hip taps

1 minute frog pumps

Choose your intensity!

Level 1 - use bodyweight only, plank on knees

Level 2 - do the workout as is

Level 3 -add weights to the glute moves if you have them!

