

# 30-Minute Abs & Glutes #2

Perform exercises in a circuit  
Repeat circuit 2-4 times



Bodyweight squats x 8/leg



Alt. reverse lunges x 8/leg



Side plank + dip x 8/side



Ham curl on ball x 16



Plank + knee pull x 8/leg



Bridge x 8



Single leg bridge x 8/leg



Plank + hip dip x 8/side