

30-Minute Abs & Glutes Circuit

45 sec work - 15 sec rest & transition

1. Romanian deadlift
2. Weighted bridges
3. Superman twist
4. Plank sweep
5. Glider hamstring curls
6. Kneeling kickback - Right
7. Kneeling kickback - Left
8. Glider pike (or knee tuck)

Rest 1 minute, then repeat

Beginners: complete 1-2 times
Intermediate/advanced: 3-5 times