Strong Curves

DAY 1 - WORKOUT A	W1	W2	W3	W4
Bodyweight/Barbell Glute Bridge				
3 sets, 10-20 reps				
One Arm Dumbbell Row				
3 sets, 8-12 reps (each side)				
Bodyweight/Barbell Box Squat				
3 sets, 10-20 reps				
Barbell/Dumbbell Bench Press				
3 sets, 8-12 reps				
Dumbbell Romanian Deadlift				
3 sets, 10-20 reps				
Side Lying Abductions				
1 set, 15-30 reps (each side)				
RKC Plank				
1 set (20-120 seconds)				
Side plank				
1 set (20-60 seconds) (each side)				

Strong Curves

DAY 2 - WORKOUT B	W1	W2	W3	W4
Single-Leg Glute Bridge				
3 sets, 10-20 reps (each)				
Front Lat Pulldowns				
3 sets, 8-12 reps				
Bodyweight/Dumbbell Step Up				
3 sets, 10-20 reps (each)				
Dumbbell Military Press, Standing				
3 sets, 8-12 reps				
Weighted 45 Back Extension				
3 sets, 10-20 reps				
Side Lying Clam				
1 set, 15-30 reps (each side)				
RKC Plank				
1 set (20-120 seconds)				
Side Plank				
1 set (20-60 seconds) (each side)				

Strong Curves

DAY 3 - WORKOUT C	W1	W2	W3	W4
Glute March				
3 sets, 60 seconds				
Seated Row				
3 sets, 8-12 reps				
Bodyweight/Dumbbell Goblet Squat				
3 sets, 10-20 reps (put 5lb/10lb weights under heels)				
Dumbbell Incline Press				
3 sets, 8-12 reps				
Bodyweight/Dumbbell Single Leg RDL				
2 sets, 10-20 reps (each side) (Romanian Deadlift)				
X-Band Walk (or, Cable Hip Abductions)				
1 set, 20 reps				
RKC Plank				
1 set, 20-120 seconds				
Rope Horizontal Chop				
1 set, 10 reps (each side)				

Bodyweight/Barbell Glute Bridge	One Arm Dumbbell Row	Bodyweight/Barbell Box Squat
Barbell/Dumbbell Bench Press	Dumbbell Romanian Deadlift	Side Lying Abductions
Barbell Dumbbells		

Single-Leg Glute Bridge	Front Lat Pulldowns	Bodyweight/Dumbbell Step Up
5		
Dumbbell Military Press, Standing	Weighted 45 Back Extension	Side Lying Clam
	Weighted 45 Back Extension 1. 2.	Side Lying Clam

Glute March	Seated Row	Bodyweight/Dumbbell Goblet Squat
4		
Dumbbell Incline Press	Bodyweight/Dumbbell Single Leg RDL	X-Band Walk (or Cable Hip Abductions)
Rope Horizontal Chop		

Strong Curves

DAY 1 - WORKOUT A	W5	W6	W7	W8
Bodyweight/Barbell Hip Thrust				
3 sets, 10-20 reps				
Standing Single Arm Cable Row				
3 sets, 8-12 reps (each side)				
Goblet Squat				
3 sets, 10-20 reps				
Barbell/Dumbbell Bench Press				
3 sets, 8-12 reps				
Dumbbell Romanian Deadlift				
3 sets, 10-20 reps				
Side Lying Abductions				
1 set, 15-30 reps (each side)				
Feet Elevated Plank				
1 set (20-60 seconds)				
Side plank				
1 set (20-60 seconds) (each side)				

Strong Curves

DAY 2 - WORKOUT B	W5	W6	W7	W8
Single-Leg Glute Bridge				
3 sets, 10-20 reps (each)				
Negative Chin Ups				
3 sets, 3 reps				
Bodyweight/Dumbbell Walking Lunge				
3 sets, 20-40 total steps				
Dumbbell Military Press, Standing				
3 sets, 8-12 reps				
Bodyweight Reverse Hyperextension				
3 sets, 10-20 reps				
Side Lying Clam				
1 set, 15-30 reps (each side)				
Swiss Ball Crunch (or, RKC Plank)				
1 set, 15-30 reps/60-120 seconds				
Swiss Ball Side Crunch (or, Side Plank)				
1 set, 15-30 reps/20-60 seconds (each side)				

Strong Curves

DAY 3 - WORKOUT C	W5	W6	W7	W8
Bodyweight/Barbell Hip Thrust				
3 sets, 10-20 reps + 3 sec rest at top				
Modified Inverted Row				
3 sets, 8-12 reps				
Bodyweight/Dumbbell Goblet Squat				
3 sets, 10-20 reps (put 5lb/10lb weights under heels)				
Close Grip Barbell Bench Press				
3 sets, 8-12 reps				
Russian Kettleball Swing				
3 sets, 10-20 reps				
X-Band Walk (or, Cable Hip Abductions)				
1 set, 15-30 reps (each side)				
Straight Leg Sit Up (or, RKC Plank)				
1 set, 15-30 reps/60-120 seconds				
Band/Cable Rotary Hold				
1 set, 10-20 seconds (each side)				

Bodyweight/Barbell Hip Thrust	Standing Single Arm Cable Row	Goblet Squat
		(a) (b) (c) (c) (c) (c) (c) (c) (c) (c) (c) (c
Barbell/Dumbbell Bench Press	Dumbbell Romanian Deadlift	Side Lying Abductions
Barbell Dumbbells		
Feet Flevated Plank		



Bodyweight/Barbell Hip Thrust	Modified Inverted Row	Bodyweight/Dumbbell Goblet Squat
	en n	co 1
Close Grip Barbell Bench Press	Russian Kettleball Swing	X-Band Walk (or, Cable Hip Abductions)
AA	RAA	
Straight Leg Sit Up	Band/Cable Rotary Hold	