

Strong Curves

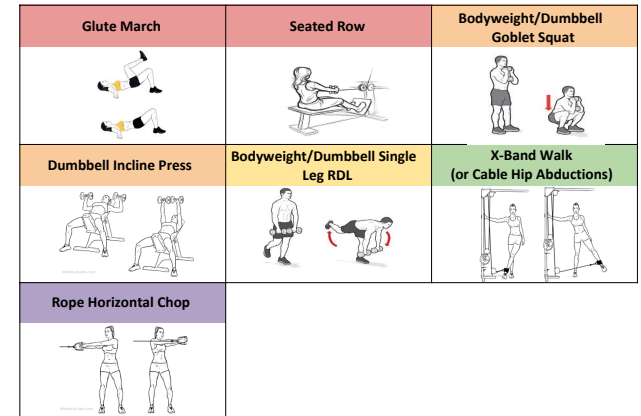
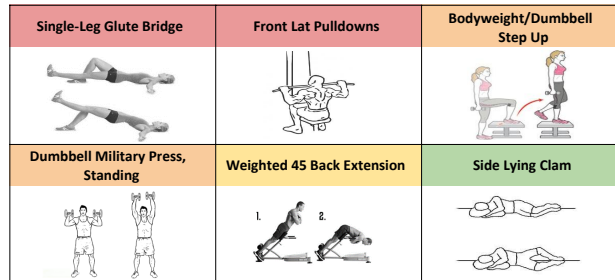
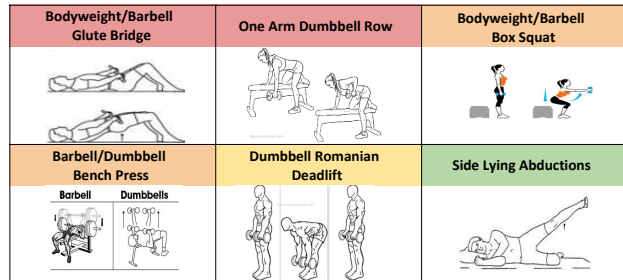
DAY 1 - WORKOUT A	W1	W2	W3	W4
Bodyweight/Barbell Glute Bridge 3 sets, 10-20 reps				
One Arm Dumbbell Row 3 sets, 8-12 reps (each side)				
Bodyweight/Barbell Box Squat 3 sets, 10-20 reps				
Barbell/Dumbbell Bench Press 3 sets, 8-12 reps				
Dumbbell Romanian Deadlift 3 sets, 10-20 reps				
Side Lying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

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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)				

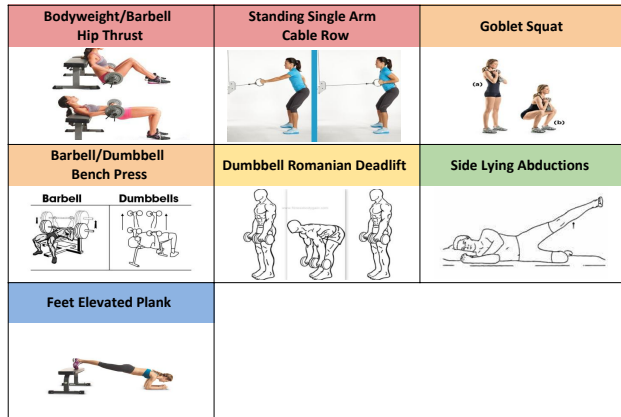
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DAY 3 - WORKOUT C	W1	W2	W3	W4
Glute March 3 sets, 60 seconds				
Seated Row 3 sets, 8-12 reps				
Bodyweight/Dumbbell Goblet Squat 3 sets, 10-20 reps (put 5lb/10lb weights under heels)				
Dumbbell Incline Press 3 sets, 8-12 reps				
Bodyweight/Dumbbell 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)				



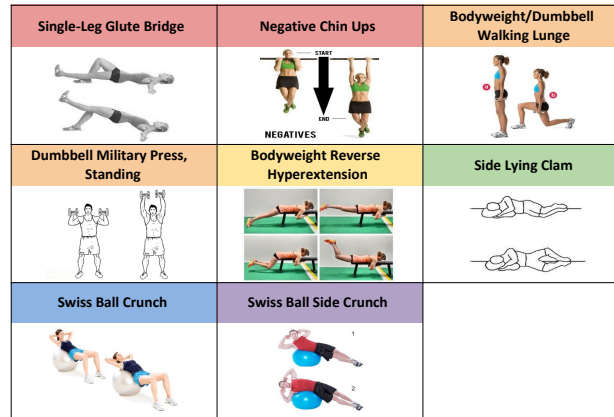
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DAY 1 - WORKOUT A	W5	W6	W7	W8
Bodyweight/Barbell Hip Thrust 3 sets, 10-20 reps				
Standing Single Arm Cable Row 3 sets, 8-12 reps (each side)				
Goblet Squat 3 sets, 10-20 reps				
Barbell/Dumbbell Bench Press 3 sets, 8-12 reps				
Dumbbell Romanian 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)				



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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)				



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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)				

