This guided workout is designed to target a specific goal/muscle group. Please ensure that you always train within your capabilities and ask one of our Fitness Consultants if you need technique advice on any of the exercises below. Once you have finished your session, please return this card ready for the next user.

Exercises

Hamstring & Glute Dominant 12 Minute Superset Workout:
Perform as many rounds as you can for each pair of exercises within the allotted time.

Set 1 - 12 minutes:

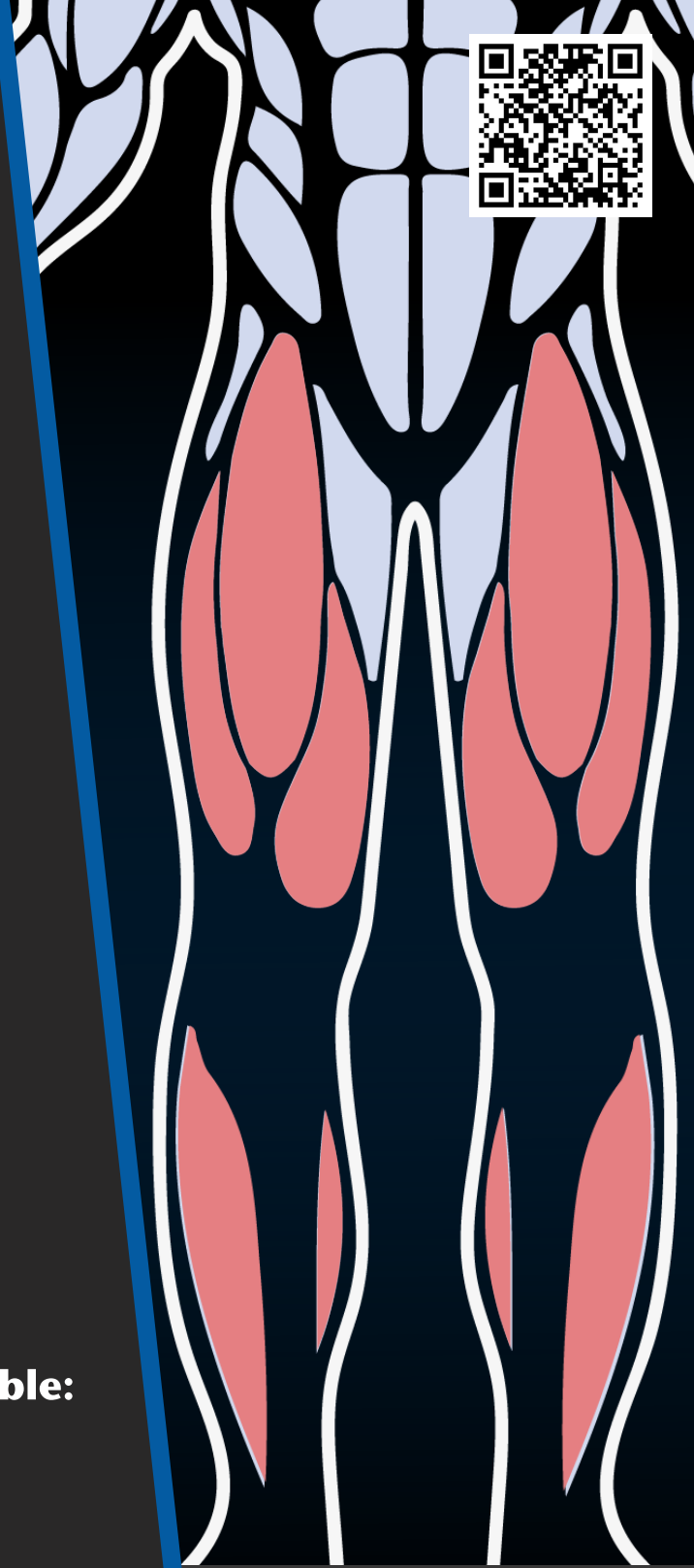**Barbell Hip Trust 8-12 reps**

Frog Pumps 15-20 reps

Set 2 - 12 minutes:

KB Romanian Deadlift 8-12 reps

Leg Curls 12-15 reps

Set 3 - 100 reps in as few sets as possible:

Kettlebell Swings 100 Reps

LEGS

FOCUS
WORKOUTS

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Exercises Descriptions

Barbell Hip Trusts

- Make sure you use Olympic sized plates to allow the bar to be rolled on and off between sets.
- Set your feet at a shoulder width apart.
- Drive up through your heels and squeeze your glutes at the top.


Frog Pumps

- Lie on your back with your knees out to the side.
- Push your heels together as hard as you can and drive your hips up.
- Squeeze your glutes at the top of each rep.
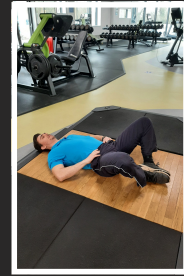
Kettlebell Romanian Deadlift

- Feet at a shoulder width apart.
- Pinch your armpits together with the kettlebells down by your sides.
- Tilt your hips back until you hit the imaginary wall behind you
- Drive through with your hips back to the starting position.
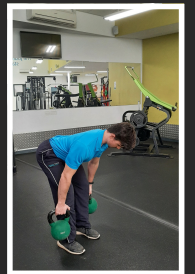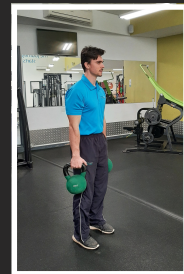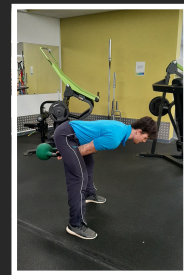

Leg Curls

- Set the seat so your knee is in line with the pivot point.
- Make sure your knees are just behind the shin pads.
- Hold on to the handles by your sides.
- Drive your heels underneath then slowly return to the starting position.
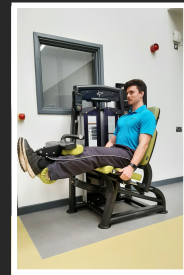
Kettlebell Swings

- Feet at a shoulder width apart.
- Pinch your armpits together with the kettlebell in front of you.
- Drive through each rep with your hips (imagine trying to get the weight as high as possible without lifting your arms)
- Keep a neutral spine (don't over extend at the top)

FOCUS WORKOUTS

Wiltshire Council