

Day 1

Exercise	Reps	Sets
Glute Bridges	20	5
Squats	15	5
DB Deadlifts	15	4
Hip Raises	8 each leg	3

Day 2

Exercise	Reps	Sets
Glute Bridges	15	3
Squats	20	5
DB Deadlifts	12	3
Hip Raises	10 each leg	5