

## Holy Glutes (No Props)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Assisted Roll Down</b> -Hold C-curve - Arms Out/In -Hold C-curve - Twists R & L -Hold C-curve - Lean/Open Wings to Diagonal Alt. -Windmill Arms	30 sec. 20 sec. arms out/in 20 sec. twists	1 medium		Bar down for extra space, platform extender, facing risers, holding D rings legs long between shoulder rests
<b>Split Stance (Hands in Straps)</b> -Chest Expansion -Add Circles/Lunge -Alt. Sweep/Tricep Kick Back -Final Tricep Press	20 sec.each 5 final tricep kick backs			L foot on headrest, R toes on carriage behind you, hands on D ring
<b>Side Lying Footwork (Forearm)</b> -Full Press -Pulses <b>Side Lying Foot in Strap</b> -Bend & Stretch -Lifts -Straight Leg Sweeps -Lifts	10 each	1 heavy		Bar up to footwork setting, R forearm on carriage/against shoulder rests, L foot on bar/heel lifted, bottom leg bent, elbow on headrest for foot in strap
<b>Skaters</b>	10			R foot on carriage, L foot on platform, squat low
<b>Side Kneeling Arms</b> -Rotations -Half Draw a Sword	10 each			R knee against shoulder rest, body facing the side, high kneeling, R hand in long strap, clasp hands together, wide elbows
<b>Front Kneeling Arms</b> -Low Kneeling Serving -Serving Arms/Hip Thrust	10 each			Kneeling facing bar, palms facing each other, hands in long straps
<b>Work Backward - Complete Side 2, starting with Side Kneeling Arms &amp; ending with Skaters</b>	Reps listed above			
<b>Plank Position</b> -Long Stretch -Push-ups (Wide Elbows)	30 sec. long stretch 5 push-ups	1 heavy		Hands on bar, feet against shoulder rests

Exercise	Reps	Springs	Props	Direction
<b>Feet in Straps</b> <b>-Lowers/Lift</b> <b>-Short Spine</b> <b>-Reverse Short Spine</b> <b>-Peter Pan</b> <b>-Circles</b>	30 sec. lowers/lifts 3 short spine each way 20 sec. Peter Pan 3 circles each way	1 medium & 1 heavy		Feet in long straps
<b>Stretches</b> <b>-Figure 4</b> <b>-Straddle</b> <b>-Hamstrings</b>	20 sec. each			