

# CORE, BACK, & BUTT BLASTER WORKOUT

COMPLETE WORKOUT 3-5X THROUGH.

BENT OVER  
REAR FLYES

15 REPS



BIRD DOGS

12 REPS  
PER SIDE



PLANK WITH  
DUMBBELL  
ROW

12 REPS  
PER SIDE



STATIC LUNGE  
WITH  
DUMBBELL  
TWIST

15 REPS  
PER SIDE



GLUTE/HIP  
LIFTS

20 REPS



UP/DOWN  
PLANKS

16 REPS



KNEE TO ELBOW  
PLANK TO  
DOWN DOG W/  
LEG EXTENSION

15 REPS  
PER  
SIDE

