



5 Rounds:

- 10 RDL
- 10 S/L Hip Bridge(ea)
- 20 Calf Raises

Further Explanation:

- If you have access to weights, use them! You can add weights to all three movements!
- RDL's can also be done S/L if you have the stability to do so!
- Bridges can also be done with both feet if S/L is too hard.
- Ideally you would perform all three movements with little to no rest between them. Take rest if needed after the calf raises.
- The goal is to target and isolate your hamstrings, glutes, and calves here!

