



BUTTS & GUTS CHALLENGE DAY 3

It's Day 3 of the Challenge!

Below you will find the glute-focused challenge for today, plus a bonus HIIT circuit to make you say so many swear words.

I highly recommend doing the HIIT after you've done the core circuit, but you can do it the best way that works for you!

Be sure to check in on Instagram using the hashtag #JillKButtsGuts so I can see how you liked today's workout!

GLUTES

Exercise	Reps
Frog Leg Reverse Hyper Extension	15
Side Lying Clam	10 each side
Glute Bridge with Pause at top	15
Single Leg Sit to Stand	10 each leg
<i>Complete the above circuit 4 times, then:</i>	
Sumo Squat Sequence	1 round

HIIT

Exercise	Work time	Rest time
Mountain Climbers	40 seconds	20 seconds
Plank Jacks	40 seconds	20 seconds
Butt Kickers	40 seconds	20 seconds
Plank to Beast	40 seconds	20 seconds
<i>Complete 3 times</i>		