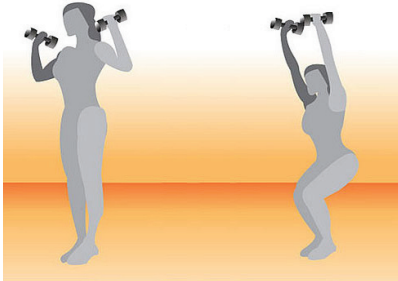


# FitSugar's Glute and Hamstring Workout

Choose six exercises, two from each section, and perform two or three sets of each exercise.  
Kick your butt variation: do two sets of all nine exercises.

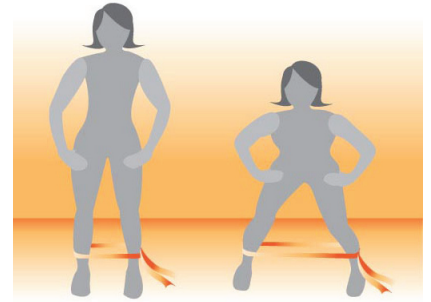
## Squats



**Narrow Squat With Overhead Press**  
15 Reps

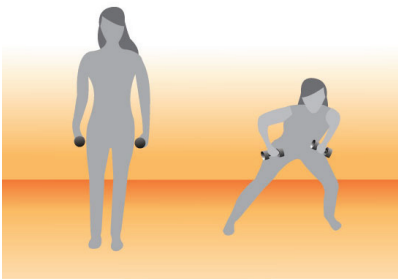


**Jumping Squats**  
15 Jumps

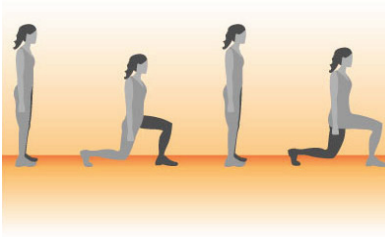


**Side Squats With Theraband**  
Step 10 times in one direction, then reverse

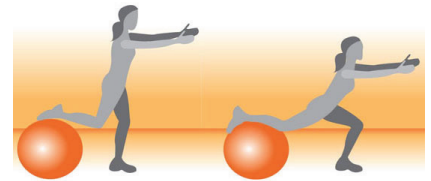
## Lunges



**Side Lunges**  
12 reps, then switch legs

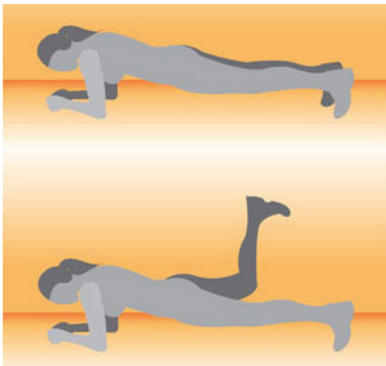


**Walking Lunges**  
Take 20 steps total

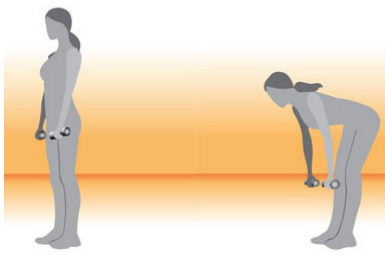


**Booty Lunge With Ball**  
10 reps on each leg

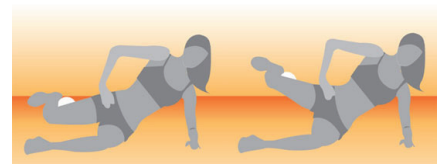
## Miscellaneous



**Elbow Plank With Donkey Kick**  
10 reps each side



**Romanian Deadlifts**  
15 reps



**Pretzel Lift**  
20 reps each side



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