

#T.W.V

Train with Victoria

By Victoria Rose Iovine



A1- Banded 1 ¼ rep hip thrusts 3 sets 6x

Home version

Banded DB 1 ¼ rep hip thrust 3 sets 15+

***Allow for sufficient rest in between sets**

B1- Barbell sumo squats 3 sets 10x

Home version

DB sumo squats 3 sets 15+

***Allow for sufficient rest in between sets**

C1- Bulgarian split squats 2 count bottom pause 3 sets 10x

Home version/ Beginner

Split squats 2 count bottom pause 3 sets 15+

***Allow for sufficient rest in between sets**

D1- Braced single leg American deadlifts 3 sets 15x

Home version

Braced single leg American deadlifts 3 sets 15+

***Allow for sufficient rest in between sets**

E1- Floating abductions 20x into leaning forward abductions 20x 3 sets

Home version

Banded floating abductions 30x into banded leaning forward abductions 30x 3 sets

***Allow for sufficient rest in between sets**



