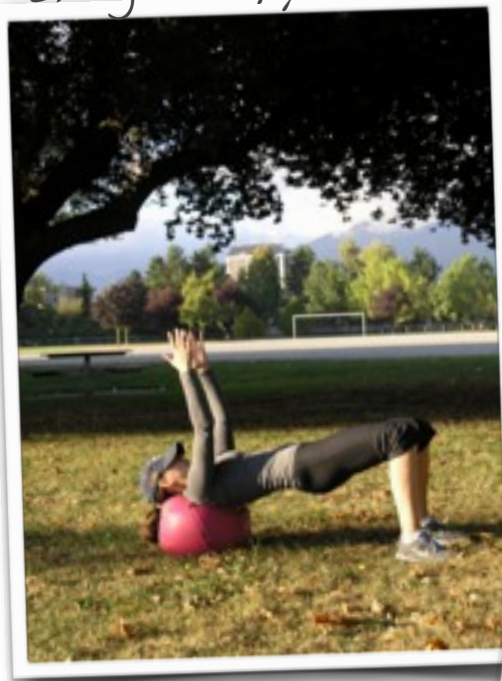


# 7-minute Glute Sculpter With Ugi

A short and sweet routine, you'll feel the effects immediately!

Bridge + Hip raise



Bridge + Hip raise II



Keep your core engaged and contract your glutes during each exercise

Squat to Press



Woodchop



Single leg deadlift



## TIMER

Set your interval timer for 1:00 min x 7 or 14 intervals.

## EXERCISES

- Squat to press
- Hip Raise I
- Woodchop - L
- Woodchop - R
- Hip Raise II
- Single Leg Deadlift -L
- Single Leg Deadlift -R

Repeat twice if you have time and energy!