

# DO ANYWHERE WORKOUT

## *Glutes & Hips*

Warm up for 3-5 minutes.  
Complete parts A and B a total of 2x  
before moving on to the next set.

Exercise	Duration	Notes
1A. Reach and pull	30 seconds/side	
1B. Split leg tap and reach	10x/side	
2A. Single leg toe tap	10x/side	
2B. Lunge with knee	10x/side	
3A. Stationary lunge	10x/side	
3B. Lunge pulses	30 seconds/side	
4A. Tabletop with bent leg pressup	20x/side 30 seconds/side	
4B. Tabletop with bent leg pulses		
5A. Side lying hip openers	20x	
5B. Open hip leg extension	20x	

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