

Gluteus MARCHimus

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	3
				5 donkey kicks	5 donkey kicks	5 donkey kicks	
				5 ceiling stompers	5 ceiling stompers	5 ceiling stompers	
				10s supermanB	15s supermanB	20s supermanB	
				10 pelvic lifts	10 pelvic lifts	10 pelvic lifts	
	4	5	6	7	8	9	10
rest (or push it!)	10 donkey kicks	10 donkey kicks	10 donkey kicks	15 donkey kicks	15 donkey kicks	15 donkey kicks	
	10 ceiling stompers	10 ceiling stompers	10 ceiling stompers	15 ceiling stompers	15 ceiling stompers	15 ceiling stompers	
	25s supermanB	30s superman1	35s supermanB	20s supermanC	20s supermanC	20s supermanC	
	15 pelvic lifts	15 pelvic lifts	15 pelvic lifts	20 pelvic lifts	20 pelvic lifts	20 pelvic lifts	
	11	12	13	14	15	16	17
rest (or push it!)	20 donkey kicks	20 donkey kicks	20 donkey kicks	25 donkey kicks	25 donkey kicks	25 donkey kicks	
	20 ceiling stompers	20 ceiling stompers	20 ceiling stompers	25 ceiling stompers	25 ceiling stompers	25 ceiling stompers	
	20s supermanC	25s supermanC	25s supermanC	30s supermanC	30s supermanC	35s supermanC	
	25 pelvic lifts	25 pelvic lifts	25 pelvic lifts	30 pelvic lifts	30 pelvic lifts	30 pelvic lifts	
	18	19	20	21	22	23	24
rest (or push it!)	30 donkey kicks	30 donkey kicks	30 donkey kicks	35 donkey kicks	35 donkey kicks	35 donkey kicks	
	30 ceiling stompers	30 ceiling stompers	30 ceiling stompers	35 ceiling stompers	35 ceiling stompers	35 ceiling stompers	
	35s supermanC	40s supermanC	40s supermanC	45s supermanC	45s supermanC	50s supermanC	
	35 pelvic lifts	35 pelvic lifts	35 pelvic lifts	40 pelvic lifts	40 pelvic lifts	40 pelvic lifts	
	25	26	27	28	29	30	31
rest (or push it!)	40 donkey kicks	40 donkey kicks	40 donkey kicks	45 donkey kicks	45 donkey kicks	50 donkey kicks	
	40 ceiling stompers	40 ceiling stompers	40 ceiling stompers	45 ceiling stompers	45 ceiling stompers	50 ceiling stompers	
	50s supermanC	55s supermanC	55s supermanC	60s supermanC	60s supermanC	60s supermanC	
	45 pelvic lifts	45 pelvic lifts	45 pelvic lifts	50 pelvic lifts	50 pelvic lifts	50 pelvic lifts	