



Roast That Rump

~Thanksgiving *Workout of the Month*~

Workout by Brittany Skillman, Senior Fitness Program Coordinator

Squat Jacks (land in squat, each jump; arms crisscross)

Squat Pulses

Side Lunges (stay low to shift side to side)


Pendulum Lunges—each leg


Curtsy Squats—each leg


Plank with Heel Lift Pulses—each leg

Floor Bridges (option to lift one leg)

Superman (prone back extensions)

 Perform 10 of each exercise, moving through entire circuit without rest

 Rest ~ 1 min at end of circuit

 Repeat until your rump is roasted (or 3-5 rounds)