

# Aussie Sponge Cake

## Single Leg Hip Thrust



## Reverse Grip Pull Up



Superset

## Dumbbell Step Ups

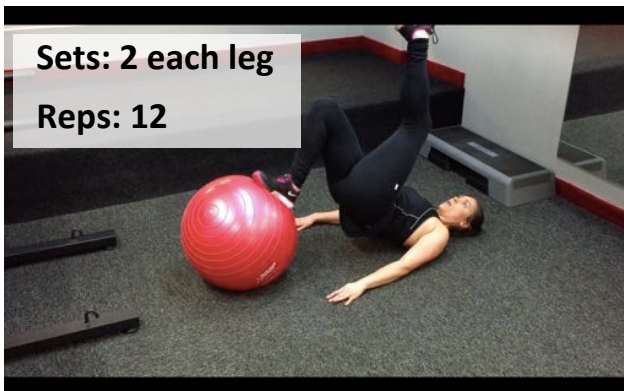


## Military Press



Superset

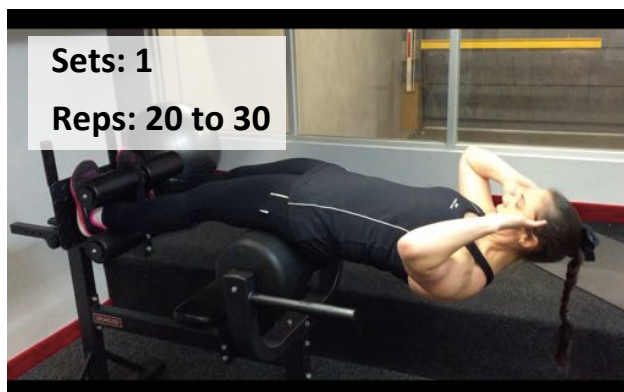
## Fitball Hamstring Roll Out



## Band Seated Abduction



## Straight Leg Sit Ups



## 45° Side Bends

