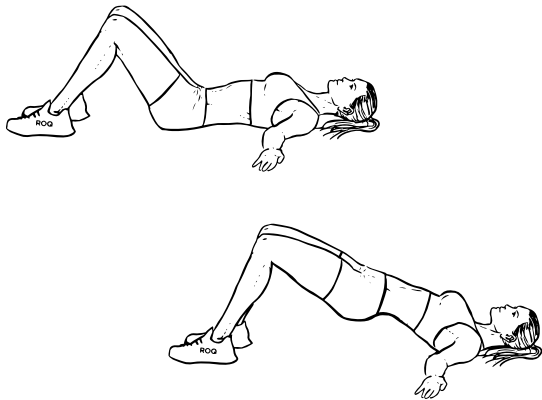


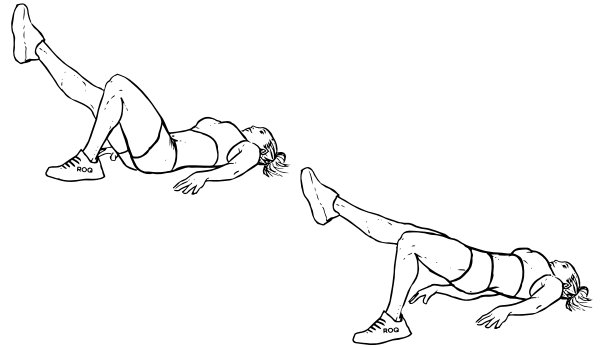
"LoveMe" Workouts: Quickie Glutes & Core

Hip Raise / Butt Lift / Bridge



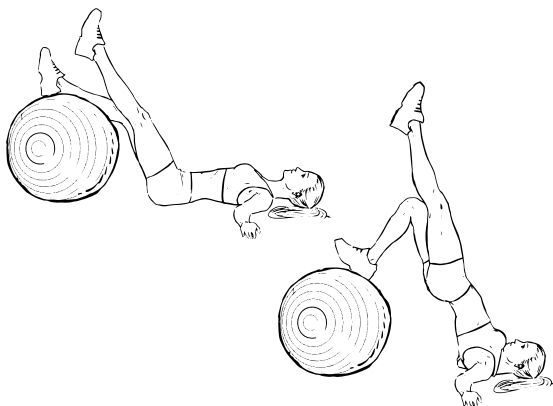
3 sets 10 reps

Single Leg Glute Bridge / Hip Extension

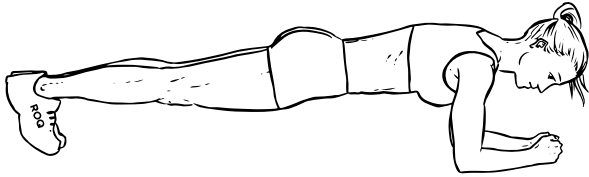


3 sets 10 reps

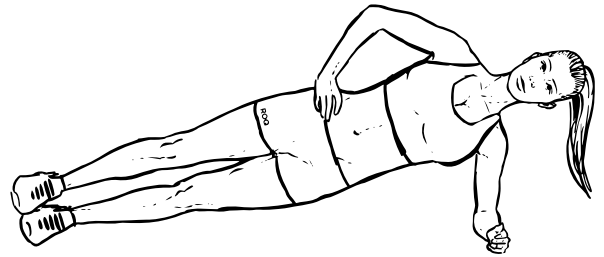
Single Leg Swiss Ball Hips Raise / Leg Curl



Plank

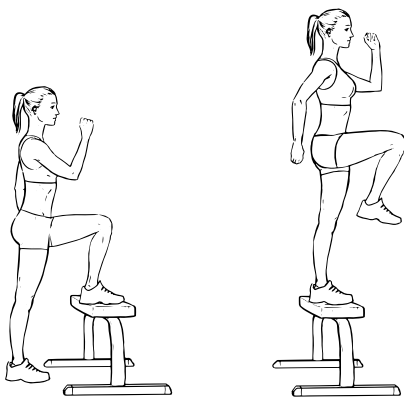


Side Plank



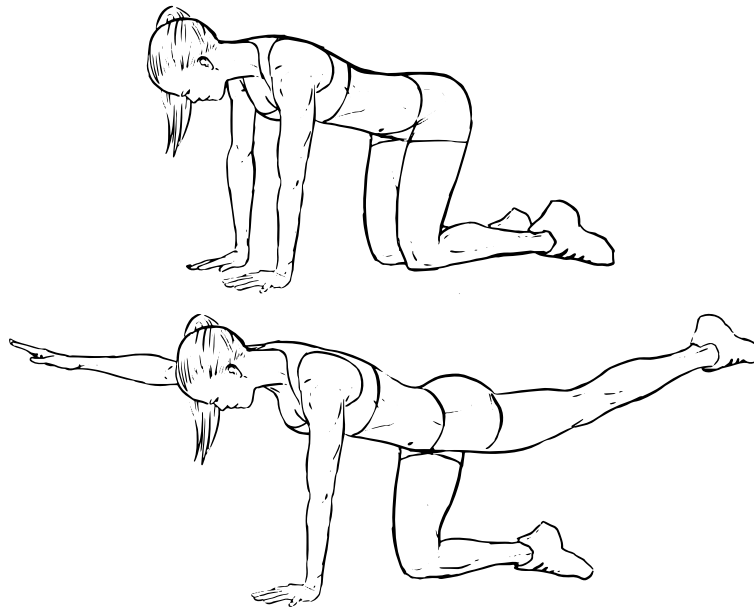
3 sets **12** reps

Step Up with Knee Raise



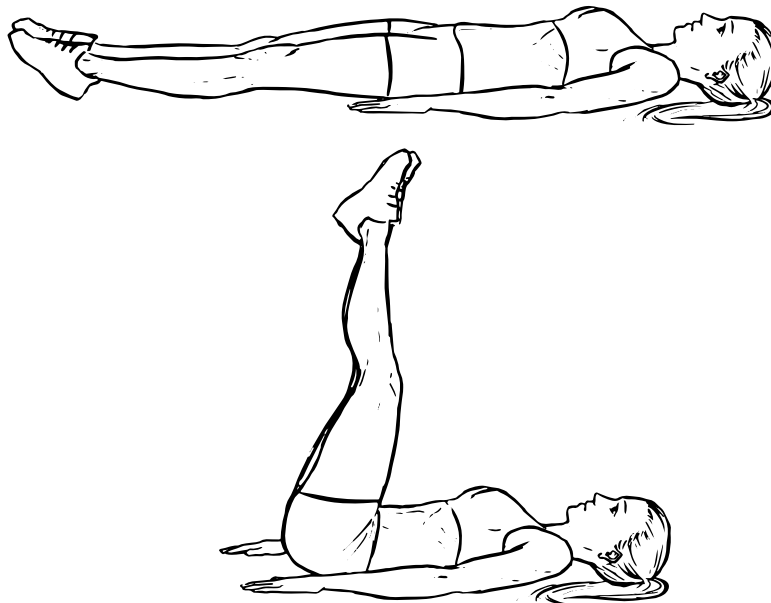
3 sets **12** reps

Bird Dogs / Alternating Reach & Kickback



3 sets 12 reps

Lying Leg Raise / Lift



3 sets 12 reps