

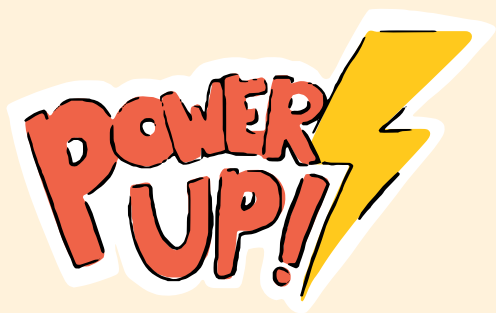
Dumbbell Only Glute Workout

Move	Sets	Reps
Weighted Glute Bridge	4	10-12
Sumo Squat Pulse	3	10-12
Single Leg Sit to Stand	3	8-10 each side
RDL	3	10-12
Deficit Reverse Lunges	3	8-10 each side

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