Step-Platform Glute & Core Workout

Intermediate Strength & Stability Routine • 10 lb Dumbbells & Step Platform

Level: Intermediate | **Equipment:** Step Platform (6–10 in. height) + Pair of 10 lb Dumbbells | **Duration:** ~35–40 Mins | **Frequency:** 2–3x / Week

1. DYNAMIC WARM-UP (4 MINUTES)

> Perform each movement continuously for **45 seconds** with **15 seconds** transition: **(1)** Alternating Basic Step-Ups (bodyweight, brisk pace) → **(2)** World's Greatest Stretch (hands on platform) → **(3)** Glute Bridges with March (heels on platform) → **(4)** High Plank Shoulder Taps (hands on platform).

2. MAIN STRENGTH & CORE CIRCUIT

Complete all sets of Exercise 1 before moving to Exercise 2, or run Exercises 1–3 as Block A and 4–6 as Block B. Target RPE 7–8 (2–3 reps left in reserve).

Exercise	Sets × Reps	Rest	Setup & Execution Cues
1. Offset Dumbbell Step-Up to Knee Drive Glutes • Obliques	**3 sets** 10–12 / side	45 sec	Hold one 10 lb dumbbell in the opposite hand of your working leg (or both at sides). Plant full foot on step, drive through heel without pushing off back toes, pause with opposite knee high, and lower for a 2-second count.
2. Deficit Reverse Lunge Glute Max • Core	**3 sets** 10–12 / side	45 sec	Stand on platform holding both 10 lb dumbbells. Hinge torso slightly forward (15°), step one foot back off the platform until back knee hovers near floor, and drive through the elevated front heel to stand.
3. Single-Leg Elevated Glute Bridge Glutes • Hamstrings	**3 sets** 12–15 / side	45 sec	Lie on floor with one heel on platform edge and both 10 lb dumbbells resting across hips. Brace ribs down, extend opposite leg straight, drive through elevated heel to full hip extension, and squeeze glute for 1 second at top.
4. Eccentric Lateral Step-Down Glute Med • Hip Stability	**3 sets** 10 / side	45 sec	Stand sideways on platform holding 10 lb dumbbells at shoulders (front rack). Keep hips level and knee aligned over middle toes as you take 3 full seconds to tap your free heel lightly to the floor, then press back up.
5. Platform Plank Pull-Through Deep Core • Anti-Rotation	**3 sets** 12–16 total	45 sec	Assume a high plank with hands on the platform and feet wide. Place one 10 lb dumbbell behind left wrist; reach across with right hand to drag it to the right side without letting hips sway. Alternate sides slowly.
6. Platform Mountain Climber + Row Abs • Upper Back	**3 sets** 40 sec work	60 sec	Hands gripping 10 lb dumbbells on the step platform in a solid plank. Perform 4 controlled knee drives (2 per side), then perform 1 single-arm dumbbell row per side while keeping pelvis square to the step.

3. FINISHER & PROGRESSION STRATEGY

4-Minute Glute & Core Burnout Finisher

- **Protocol:** 40 sec work / 20 sec rest × 4 rounds (alternate moves).
- **Odd Rounds:** Step-Up + Overhead Press (10 lb dumbbells, alternate lead leg each rep).
- **Even Rounds:** Seated V-Sit Dumbbell Pass Over Platform (lean back 45°, tap 10 lb weight side to side over step).

4-Week Progression (10 lb Dumbbells)

- **Week 1 (Ramp-Up):** Hit bottom of rep ranges; master 2-second lowering tempos.
- **Weeks 2–3 (Double Progression):** Add 1–2 reps per set until reaching top of rep range; then add a 2-second pause at peak contraction.
- **Week 4 (Deload):** Drop to 2 sets per exercise at smooth tempo to recover.

Weekly Completion Log: Week 1: [ ] [ ] [ ] • Week 2: [ ] [ ] [ ] • Week 3: [ ] [ ] [ ] • Week 4: [ ] [ ] [ ]

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