



+

Glute-Focused Day

🔥 34 Cal | ⌚ 11 min

LET'S GO!

WORKOUT PLAN

- Start with a Warmup
- End with a Cool Down

The image shows a smartphone app interface for a workout. At the top, there is a plus sign in a circle. Below that is a video thumbnail showing a woman in a red athletic outfit performing a lunge with her right leg forward and her right arm raised high. The title of the workout is "Glute-Focused Day" in bold black text. Below the title, there is a small icon of a flame followed by "34 Cal" and a clock icon followed by "11 min". A large red button with the text "LET'S GO!" is centered below the title. Underneath the button, the text "WORKOUT PLAN" is displayed. Below that, there are two items: "Start with a Warmup" and "End with a Cool Down", each followed by a red circular progress indicator that is filled.

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G Thomas



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