



**Track:** Drop it Like It's Hot – Snoop Dogg & Pharrell Williams

**Track Link:** <https://music.apple.com/gb/album/drop-it-like-its-hot-feat-pharrell-williams/1441182103?i=1441182106>

**Exercises:**

Glute Hold & Abduction

Banded Glute Bridge

Single Leg Glute Bridge

Glute Bridge Walkout

Ab Crunch

0:00-0:23	A	Glute Hold & Abduction	x16	32 counts
0:23-	B	1 x Abduction, x3 Glute Bridge Walkout 1 each side	x3 x1	32 counts
0:45-	C	Single Leg Glute Bridge – Leg 1	x18	72 counts
1:28-	B	1 x Abduction, x3 Glute Bridge Walkout 1 each side	x3 x1	32 counts
1:46-	C	Single Leg Glute Bridge – Leg 2	x16	64 counts
2:27-	B	1 x Abduction, x3 Glute Bridge Walkout 1 each side	x3 x1	32 counts
2:48-	D	Ab Crunches	x16	64 counts
3:30-	B	1 x Abduction, x3 Glute Bridge Walkout 1 each side	x3 x1	32 counts
3:53	A	Glute Hold & Abduction	x16 +	32 counts + fade