

Video Explanation → [CLICK HERE](#)

1. Warm up // Easy jog, jump rope, walk, etc// 5 minutes	
2. Standing Glute Kickbacks // 3 sets of 10 reps on each side. Complete all reps on one leg, then switch to the other - add more sets or reps with experience // example - <a href="https://youtu.be/mj8FITvNzFc">https://youtu.be/mj8FITvNzFc</a>	
	3. Resistance Band Stiff Legged Deadlift // Explode up and go slow down. A ratio of 1 second up and 4 seconds down is great for eccentric contraction. // 3 sets of 15 reps - add more reps or sets as you get used to the movement // example - <a href="https://youtu.be/_HymWhRgPQ">https://youtu.be/_HymWhRgPQ</a>
4. Banded Good Mornings // 3 sets of 10 reps to start - add more sets or reps as you get experience // example - <a href="https://youtu.be/CTRaCzE8pWU">https://youtu.be/CTRaCzE8pWU</a>	
	5. Nordic Hamstring Curls with Band Assistance // 3 sets of 10 reps to start - add more sets or reps as you get experience // example - <a href="https://youtu.be/pAi4UVpfZn0">https://youtu.be/pAi4UVpfZn0</a>
6. Glute Hamstring Walkout // 3 sets of 30 seconds and add time as you gain experience // example - <a href="https://youtu.be/NaisR71dDxl">https://youtu.be/NaisR71dDxl</a>	
	7. Lateral Lunge // 3 sets of 10 reps on each side. Complete all reps on one leg, then switch to the other - add more sets or reps with experience // example - <a href="https://youtu.be/hOUXYHhGfU0">https://youtu.be/hOUXYHhGfU0</a>
8. Dumbbell Donkey Kick // 3 sets of 10 reps on each side adding more sets or reps with experience // <a href="https://youtu.be/ulv7_htZwro">https://youtu.be/ulv7_htZwro</a>	
	9. Reverse Plank // 3 sets of 10 holding for 10 seconds - add more reps, sets or time with experience // example - <a href="https://youtu.be/uUEKLLhpJd1Q">https://youtu.be/uUEKLLhpJd1Q</a>
10. Cool Down // STATIC STRETCH	