



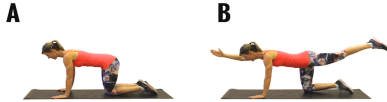


## STRENGTH : ATTACK OF THE GLUTES

WARM UP // 10 minute warm up at HR 120 or less

DYNAMIC STRETCH // ARM CIRCLES // BUTT-KICKS / PIKE STRETCH // WALKING LUNGES // KNEE TO CHEST // STRAIGHT LEG KICKS

MAIN SETS // Perform 10 reps each side, 3 sets

<p>Fire Hydrant // On all fours // one leg out with knee at 90, hold at top, squeeze opposite glute with leg on ground, hold 2 seconds // bring down and touch knee to calf and next rep</p>	<p>The Fire Hydrant</p> 
<p>Similar to Fire Hydrant // leg straight to side instead of 90 at knee // hold heel outside of same side shoulder // hold 2 seconds, bring down and back up for each rep</p>	<p>Similar to Fire Hydrant // leg straight to side instead of 90 at knee // hold heel outside of same side shoulder // hold 2 seconds, move leg down, touch ground, bring back up for each rep</p>
<p>Knee back straight // pull to chest and hold for 2 seconds out and in for each rep</p>	
<p>Similar to Fire Hydrant // leg straight to side instead of 90 at knee // hold heel outside of same side shoulder // perform circles clockwise for 10 seconds, counter clockwise for 10 seconds for each rep</p>	<p>Foot push up</p> 
	<p>On all fours // touch hand to opposite shoulder SLOWLY</p>
<p>On all fours // opposite hand, opposite leg out // hold 3 seconds each rep</p>	

STATIC STRETCH // Touch toes : hold 1 minute // Quad hold : 1 minute each leg // Calf stretch : 1 minute each leg // Side lunge : 1 minute each leg