



gimme gimme gimme some cheek



Do 1 set of each exercise in block A, short break, repeat 2x then move on to block B.

foam roll, stretch, + hip/core warm up encouraged

Circuit	Exercise	Sets/Reps	Notes
A	Mini band Squats	3 x 15	rotate knees out with losing balls of feet
	Backwards toe Taps	3 x 15 each	Keep front knee over middle toe, with all weight on front leg
	Spicy Clamshells	3 x 10 each	Hips up high
<i>Minimal rest, 3 rounds</i>			
B	Assisted Mini Band SLDL	3 x 15 each	Push moving thigh back to tighten band, keeping down knee over middle toe and weight on front foot arch
	Hinged Clamshells	3 x 15 each	Keep non-working leg's knee over middle toe, only rotate the working thigh out as much as you can keep the ball of the foot and heel down
	Lateral Walks	3 x 15 each way	Move from your knees not your feet
<i>Minimal rest, 3 rounds</i>			