

homeicron

If this is easy for you, do 4 sets per exercise. if it's too hard, do 2 sets.

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

Block	Exercise	Sets/Reps	Notes
A	Double to single leg glute bridge	3 x 16 total (8 lowers/leg)	Double leg up, single leg lower slowly - alternate each rep
	half kneeling hip flexor stretch	3 x 6 each	engage glute and core, rock forward
	<i>Do 1 set of each, no rest, and on to round 2 (mobility is active rest)</i>		
B	Power lateral lunges	3 x 15 each side	butt back and push away from the ground
	hockey stretch	3 x 6 each	Rock back 6 times
	<i>Do 1 set of each, no rest, and on to round 2 (mobility is active rest)</i>		
C	Transverse Squats	3 x 15 each side	keep an open chest, should feel a stretch in glute quickly
	rotational plank	3 x :30 each	hold with slow breathing
	<i>Do 1 set of each, no rest, and on to round 2 (mobility is active rest)</i>		