



## no cheek unturned



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

Block	Exercise	Sets/Reps	Notes
A	Step Ups	3 x 10 each	Hinge forward and put most of weight on front heel, without rounding the back, to make it more glute dominant
	Elevated Glute Bridge	3 x 15 each leg	Can do double leg if single is too hard. press through arch or heel
	<i>Do 1 set of each, max 60s of rest, and on to round 2</i>		
B	Disco Deadlifts	3 x 6 each	Weight in opposite arm of down leg. Hinge at hip with soft knee, press through down foot to rotate pelvis open. Close pelvis then press through down foot to stand up.
	Lateral Lunge Switches	3 x 12 each way	Feet straight, push butt back and aim to get deeper with each rep
	<i>Do 1 set of each, max 60s of rest, and on to round 2</i>		
C	Reverse Lunge	3 x 10 each	Hinge forward onto front heel without rounding back to make it more glute dominant
	Skiier Swings	3 x 15	This is a limited range, explosive deadlift essentially - like a KB swing. Soft knees, butt moves back and forth explosively to swing weights.
	<i>Do 1 set of each, max 60s of rest, and on to round 2</i>		