

rump day

If this is easy for you, do 5 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	TEMPO Double Leg Glute Bridge	3 x 8	3s pause at the top, 3s count on the way down on every rep. Press through heels, toes up
	Cobra stretch	3 x :30	Breathe slow, engage glutes
	<i>Do 1 set of each, no rest, and on to round 2 (mobility is active rest)</i>		
B	Hip dominant Squat to shift	3 x 12	Feet almost straight, more butt back then straight down to make it hip dominant. Switch which side you shift to first with each rep. 1 shift each way per rep. Keep heels firm, rotate knees out with ball of foot firm
	Door assisted deep squat	3 x 6	Stay tall, breath where you feel tight. Heels firm, knees out, try and be more upright with each rep
	<i>Do 1 set of each, no rest, and on to round 2 (mobility is active rest)</i>		
C	Alternating Reverse lunges (hinged at hip)	3 x 12 each side	keep an open chest, lean on front leg without slouching. press through whole foot to stand up
	Spicy Clamshells	3 x 8 each	Get as high as you can by pressing through bottom knee
	<i>Do 1 set of each, minimal rest (30-90 seconds)</i>		