

Triphasic Lacrosse Training Manual

Glute Activation

Block 1

Level 1 Progression

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	DL DA Band Iso with Focal Point	1	x	2m	Green/Blue	
B	Band Clamshell	1	x	1m EA	Green/Blue	
C	Forward Cross-Crawl	1	x	1m EA	Green/Blue	
D	Straight Leg BW Raise	1	x	1m EA	Green/Blue	
E	Cross-Under Lunge	1	x	1m EA	Green/Blue	
F	Fire Hydrant @ 45° BW	1	x	1:30 EA	Green/Blue	
G	Crss-Under Lunge Crawl	1	x	1m EA	Green/Blue	
H	DL DA Band Iso with Focal Point	1	x	Max	Green/Blue	

Perform A-H as the Level 1 Glute Activation Series