



## Postural Reinforcement

<u>PNF Hip Diagonals</u>	(X10 Reps EA)
<u>Kneeling Hip Flexor + Glute Iso</u>	(1 min EA)
<u>Quad X Piriformis Stretch</u>	(0:30 EA)
<u>Standing SL Dorsiflex. + Ant. Tib. Iso</u>	(0:30 EA)
<u>Standing Pec Stretch + Scap Retraction</u>	(0:30 EA)
<u>Lying Hip Ext. Groin Iso</u>	(0:30 EA)



## Post-Travel Glute Activation Progression

Banded Fire Hydrant @ (0:30 EA)  
45°

Standing Band + External (0:30 EA)  
Rotation

90/90 Glute Bridge (0:30 EA)

Glute Loaded Lunge + (X6 REPS EA)  
Drive