

## Glute Activation Level 1 Progression (18 min)

<u>DL DA Band Iso w/ Focal Point</u>	(2 min)
<u>Band Clamshell</u>	(1 min EA)
<u>Forward Cross Crawl</u>	(1 min EA)
<u>St. Leg BW Glute</u>	(1 min EA)
<u>Cross-Under Lunge</u>	(1 min EA)
<u>Fire Hydrant @ 45° BW</u>	(1:30 EA)
<u>Cross-Under Lunge Crawl</u>	(1 min EA)
<u>DL DA Band Iso w/ Focal Point</u>	(Max Time)