

Glute Activation Level 2 Progression (23 min)

<u>DL DA Band Iso w/ Focal Point</u>	(2 min)
<u>Fire Hydrant @ 45° BW</u>	(1:30 EA)
<u>Quadruped SL Glute Iso</u>	(1 min EA)
<u>St. Leg BW Glute</u>	(1 min EA)
<u>Cross-Under Lunge</u>	(0:30 sec EA)
<u>SL Hip Bridge</u>	(1 min EA)
<u>SL Glute Loaded Lunge Iso</u>	(1 min EA)
<u>Band Clamshell</u>	(1 min EA)
<u>Forward Cross Crawl</u>	(0:30 sec EA)
<u>Fire Hydrant @ 45° BW</u>	(1 min EA)
<u>DL DA Band Iso w/ Focal Point</u>	(Max Time)