

Glute Activation Level 3 Progression (26 min)

Fire Hydrant @ 45° BW (2 min EA)

SL Hip Bridge (1:30 EA)

Band Clamshell (2 min EA)

Quadruped SL Glute Iso (2 min EA)

SL Glute Loaded Lunge
Iso (1:30 EA)

St. Leg BW Glute (2 min EA)

Fire Hydrant @ 45° BW (2 min EA)