

## Glute Activation Level 4 Progression (14 min)

<u>½ Kneel Lunge</u> <u>Abduction</u>	(1 min EA)
<u>Fire Hydrant @ 45o</u> <u>Band (Leg as High as Possible)</u>	(1 min EA)
<u>Forward Cross Crawl</u>	(0:30 sec EA)
<u>Standing Band +</u> <u>External Rotation</u>	(1 min EA)
<u>Band Clamshell (Leg as Open as Possible)</u>	(1 min EA)
<u>Cross-Under Lunge</u>	(0:30 sec EA)
<u>Quadruped Kick Back +</u> <u>External Rotation</u>	(1 min EA)
<u>Side Plank Abduction</u>	(1 min EA)