

Glute Activation Level 5 Progression (14 min)

SL Glute Loaded Lunge
Iso

(1 min EA)

90/90 Glute Bridge

(1 min EA)

Forward Cross Crawl

(0:30 sec EA)

Cross-Under Iso

(1 min EA)

Single Leg Step Down
Iso

(1 min EA)

Cross-Under Lunge

(0:30 sec EA)

SL Skater Squat Iso

(1 min EA)

Lateral Lunge +Internal
Rotation

(1 min EA)