



Workout of the Day















Hip Function

Glute, Hamstring, Adductor Conditioning

3 Rounds per Exercise

3 Rounds of Each Exercise

<u>Sets / Reps</u>	Hard	Medium	Light
3x20	Hamstring Walkout (10 Each Leg) 	SL Feet Up Bridge 	Long Lever Bridge 
3x20	SL Bridge (10 Each Leg) 	Glute Bridge 	Superman (10 Each Side) 
3x30s	Long Lever Adductor Bridge 	Short Lever Adductor Hold 	Lateral Lunge Hold 
3x20	Walking Lunges 	Bulgarian Split Squat 	Split Squat 
3x10	SL RDL 	OH Good Morning 	Good Morning 