



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 Hip Thrust  | Hip Thrust  |
| 3x20 | 4 Point Kick Back  | Standing Kick Back  | SL Bridge (10 Each Leg)  |
| 3x30s | Long Lever Adductor Bridge  | Short Lever Adductor Hold  | Lateral Lunge Hold  |
| 3x20 | Walking Lunge & Rotate  | Bulgarian Split Squat  | Split Squat  |
| 3x10 | SL RDL  | OH Good Morning  | Good Morning  |