



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	Single Leg Long Lever Bridge 	SL Hip Thrust 	Hip Thrust 
3x20	Cursty Lunge (10 Each Leg) 	Side Lying Leg Lift 	SL Bridge (10 Each Leg) 
3x30s	Long Lever Adductor Bridge 	Short Lever Adductor Hold 	Lateral Lunge Hold 
3x20 (10 Each Leg)	Single Squat Off Box 	Single Leg Box Squat 	Bulgarian Split Squat 
3x10	Nordic (Down Only) 	Wall Hamstring Bridge 	SL RDL 