

GLUTE ACTIVATION

PERFORM EACH EXERCISE (IN ORDER) 1 TIME FOR SPECIFIED REPS COACHING CUE: MAINTAIN SOFT KNEES WITH HIPS PUSHED BACK AND TORSO UPRIGHT

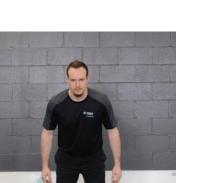








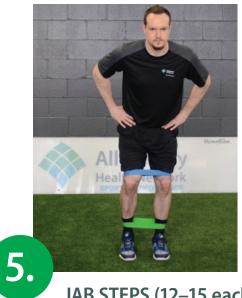
STANDING CLAMSHELLS (10–12 each side)







LATERAL STEPS (8–10 each way)





JAB STEPS (12–15 each side)