



GLUTE ACTIVATION

PERFORM EACH EXERCISE (IN ORDER) 1 TIME FOR SPECIFIED REPS

COACHING CUE: MAINTAIN SOFT KNEES WITH HIPS PUSHED BACK AND TORSO UPRIGHT



1.

STANDING CLAMSHELLS (10–12 each side)



2.

MONSTER WALK FWD/BWD (10 each way)



3.

LATERAL STEPS (8–10 each way)



4.

DIAGONAL STEPS (10 each way)



5.

JAB STEPS (12–15 each side)

