



Activate (3-4 exercises, 5 reps)

Level 1

Double Leg Glute Bridge



- Streamlined
- Knees bent
- Peel spine up slowly
- Lower back down slowly

Glute Bridge

Level 2

2 Up 1 Down Glute Bridge



- Arms by side
- Knees bent
- Peel spine up slowly
- Lower back down slowly

Level 3

1 Up Down Glute Bridge



- Arms by side
- Knees bent
- Extend leg
- Raise hips
- Repeat on

Side Lying Clams



- Hand on hip
- Hand on
- Feet together
- Open knees
- Bring knees back

Clams

Side Lying Clams With Legs Lifted



- Hands as L1
- Feet off
- Feet together
- Open knees
- Bring knees back

Side Lying Straight Leg Lifts



- Hand on floor
- Arm under
- Legs apart to 45°
- Legs back to straight

Double Arm Serratus Punch



- Arms out
- Back straight
- Reach both arms forward
- Move arms back
- Squeeze shoulders

Serratus Punch

Single Arm Serratus Punch



- Arms out
- Back straight
- Left arm forward
- Right arm forward

Kneeling Push Up Plus



- Start off on all fours
- Drop down
- Squeeze shoulder blades together
- Push back up
- Arch back slightly

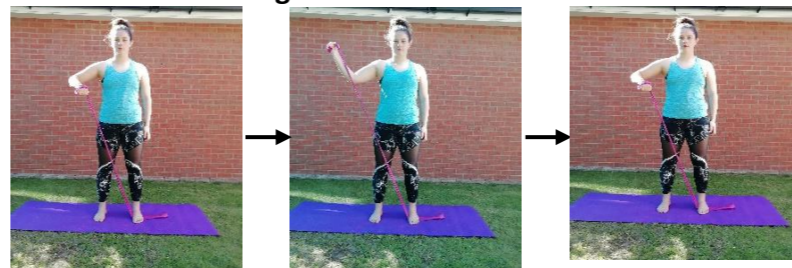
Standing Rotation with Band and Elbows in



- Elbows by sides of the
- Arms turn out to 45°
- Arms back to start

Band work

Standing Rotation with Band at 45°



- Band under foot
- Move arm up to 45°
- Rotate arm down slowly

Standing External Rotation with Band at 110°



- Band under foot
- Move arm up to 110°
- Rotate arm down slowly

Arms Only Superman



- Start on all fours
- Raise arm forward
- Repeat on other side
- Return to all fours

Superman

Legs Only Superman



- Start on all fours
- Raise leg back
- Repeat on other side
- Return to all fours

Arms and Legs Superman



- Start on all fours
- Raise opposite arm and leg
- Return to all fours & repeat on other side

