

THRIVE

TARGETED TRAINING - GLUTES AND HIPS 2

This programme is focusing on strengthening your glutes and hips

This plan can be done from home and *requires some equipment*

It is designed to work as a super set, eg do exercise A1 followed by A2 then rest.

	Exercise	Reps	Sets	Rest	Notes
A1	Single Leg Glute Bridge	20	3	45sec	Hold at the top for 2 seconds, slow, control downward movement
A2	Romanian Deadlifts	20	3	45sec	Use dumbbells. Keep back straight, don't let shoulders round. Weight doesn't need to be too heavy as there are lots of reps. Movement should be controlled
B1	Donkey Kicks	20	3	45sec	Each Side
B2	Single Leg Deadlift	20	3	45sec	Each Side - ensure hips are square. Use body weight before transitioning to dumbbell weights.
C1	Lunge with Leg raise	10	3	45sec	Each side - this is also going to support balance and ankle mobility
C2	Sumo Squat	20	3	45sec	Nice wide stance - ensure knees are pushed out. Keep chest up. Start with body weight before adding in weights