

Glute, Hip Flexor & Core

Exercise	Desc	Time (mins)
Weighted hip thrusts	10 reps	1
Side-lying hip abductions	1 min on each leg	2
Hip bridge march	10 reps on each leg	1
Side bridge with leg raise	10 reps on each leg	1
Bird dog in plank	10 reps on each leg	1
Lateral lunge to balance with overhead press	10 reps on each leg	2
Bulgarian split squat	10 reps on each leg	2
Single leg Romanian deadlift	10 reps on each leg	2