

2 Walking forward lunges



Stand with your knee at hip width, take a step forward bend your knee and hip to 90 degrees. Keep your torso and your hip stable and the foot aligned with the knee and the hip. Bring the trailing leg in front to make another step. Repeat as indicated.

| | Mon | Tue | Wed | Thu | Fri |
|------------|-----|-----|-----|-----|-----|
| Sets : 2 | E | E | E | E | E |
| Reps : 10 | M | M | M | M | M |
| Rest : 60s | D | D | D | D | D |
| | VO | VO | VO | VO | VO |

2 Squat on chair



Stand in front of a table with a chair behind you. Hold the table as needed while you slowly sit back into the chair, keeping your back straight, and bending at the hips only (no round back). Then, stand back up, bending at the hips, pushing through your heels, activating the glutes and the abdominals. Repeat.

| | Mon | Tue | Wed | Thu | Fri |
|------------|-----|-----|-----|-----|-----|
| Sets : 2 | E | E | E | E | E |
| Reps : 10 | M | M | M | M | M |
| Rest : 60s | D | D | D | D | D |
| | VO | VO | VO | VO | VO |

2 Glute bridge



Lie on your back with your knees bent. Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs. Slowly return to the initial position and repeat.

| | Mon | Tue | Wed | Thu | Fri |
|-----------|-----|-----|-----|-----|-----|
| Sets : 2 | E | E | E | E | E |
| Reps : 10 | M | M | M | M | M |
| Hold : 5 | D | D | D | D | D |
| | VO | VO | VO | VO | VO |

2 Single leg reverse hyper



Lay on your stomach on a table so that your hips and legs are hanging over the edge. Hold the table to steady yourself. Keeping your back straight and the head in line with the spine, squeeze the glutes and lift one leg only, keeping the other leg on the floor. Extend the leg at the hips until parallel and do not overextend your lower back or neck. Repeat with the other leg.

| | Mon | Tue | Wed | Thu | Fri |
|-----------|-----|-----|-----|-----|-----|
| Sets : 1 | E | E | E | E | E |
| Reps : 12 | M | M | M | M | M |
| | D | D | D | D | D |
| | VO | VO | VO | VO | VO |

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