



Supine Bridge

Start on back, arms at side, knees bent, feet flat on the floor. Squeeze butt throughout the movement going up as high as the glutes take you. lower under control to a point just above ground, then repeat.

Notes:
G.F.
F.T.
A.T.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Single leg supine bridge

Start on back, arms at sides, knees bent, feet flat on floor. squeeze butt on plant side and pull opposite leg toward chest. go only as high as your glutes will let you. lower yourself under control to a point just above ground and repeat

Notes:
G.F.
F.T.
A.T.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Glute Pull Through

Begin in a squat position with rope handle between legs. Stand up pulling cable through legs and contract glutes. Keep spine neutral and squeeze glutes through entire movement.

Notes:
All Except Power

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31