

1 - ABDUCTOR MACHINE (45°)



SETS

3

REPETITIONS

15



2 - HIP THRUST



SETS

3

REPETITIONS

10 + 15

10 normal repetitions + 15 repetitions, going up slowly

3 - HIP EXTENSION IN THE PULLEY



SETS

3

REPETITIONS

8+10+12

Drop set

4 - SUMO SQUAT



SETS

7

REPETITIONS

12

Stop 3 seconds in the isometric moment



5 - FROG + GOOD MORNING



SETS

3

REPETITIONS

12



SETS

3

REPETITIONS

12

6 - STIFF



SETS

7

REPETITIONS

12

