

1 - ABDUCTION IN LATERAL DECUBITUS (45°)



SETS

3

REPETITIONS

15



2 - ABDUCTOR MACHINE

SETS

3

REPETITIONS

8+10+12



3 - HIP THRUST

SETS

3

REPETITIONS

15



4 - HIP EXTENTION IN THE PULLEY

SETS

3

REPETITIONS

12

GLUTES WORKOUT



5 - STIFF

SETS

3

REPETITIONS

15

6 - SQUAT IN THE SMITH MACHINE + STRETCHING



SETS

3

REPETITIONS

12

SETS

3

REPETITIONS

20s

Squat in the Smith Machine - Normal Execution.

Stretching - 20 seconds.