



PRE ACTIVATION - STIFF

SETS

2

REPETITIONS

20





1 - SUMO SQUAT

SETS

3

REPETITIONS

12

Stop 3 seconds in the isometry, super slow.

2 - HIP THRUST



SETS

REPETITIONS

15 -12 -10



Weight progression. Rest between sets.

3 - HIP EXTENSION IN THE PULLEY + BULGARIAN SQUAT



SETS

2

REPETITIONS

15 + 15



Execute the Hip Extension with the left leg, without rest, execute the Bulgarian Squat also with the left leg.
Rest a little bit than execute the same routine with the right leg.



4 - COURTESY LUNGE

SETS

3

REPETITIONS

15

Normal execution.



5 - ABDUCTOR MACHINE

SETS

3

REPETITIONS

20

Normal execution.

