

1 - HIP THRUST + STRETCHING



SETS

3

REPETITIONS

12



SETS

3

REPETITIONS

20s

Executing the Hip Thrust, control the movement. Go down until close to the ground, using the movement entire angle. Stretch 20 seconds after each set, active rest.

2 - STIFF



SETS

4

REPETITIONS

12



Normal execution with 30 seconds rest, each set.

3 - GOOD MORNING + STRETCHING



SETS

3

REPETITIONS

15



SETS

3

REPETITIONS

20s

Normal execution in Good Morning. Stretch 20 seconds after each set, active rest.



4 - 45° ABDUCTOR MACHINE

SETS

3

REPETITIONS

15

Normal execution.





5 - HIP EXTENSION IN THE PULLEY

SETS

3

REPETITIONS

12 + 10

Start heavy and reduce the weight.