

	Day 1	Day 2	Day 3
	3 Sets	3 Sets	3 Sets
	5 Negative only box step ups @20" - as slow as possible	6 Single Leg Landmine RDLs EL @30x1	8 KB Front Rack Kneeling Get Ups
	Rest 15s	Rest 15s	Rest 15s
	8 KB Lateral Band Step Overs	8 Slider Lateral Lunges EL	8 KB Front Rack Cossack Squats
	Rest 15s	Rest 15s	Rest 15s
	8 Single Leg Glute Bridges EL @30x1	8 Single Arm Plate OH Reverse Lunges EL	8 Single Arm Plate OH Split Squats
	3 Sets	3 Sets	3 Sets
	10s Single Leg Hip Extension Hold	6 Single Leg Good Mornings EL	30s Single Leg Glute Bridge Hold
	Rest 15s	Rest 15s	Rest 15s
	15 Band Hip Abductions	15 Band Hip Adductions	20s Star Side Plank Hold
	Rest 15s	Rest 15s	Rest 15s
	10 Straddle Donkey Kicks @30x1	30s Crab Hold	30s GHD Superman Hold
	2-3 Sets	2-3 Sets	2-3 Sets
	30s Couch Stretch	30s Couch Stretch	30s Couch Stretch
	30s Frog Stretch	30s Frog Stretch	30s Frog Stretch
	30s Box Glute Stretch	30s Box Glute Stretch	30s Box Glute Stretch
	10 Cossack Squats	10 Cossack Squats	10 Cossack Squats