































ADVANCED

PILLAR ACTIVATION	DYNAMIC FLEXIBILITY	MOVEMENT INTEGRATION	NEURAL ACTIVATION
<p>GLUTE BRIDGE (A) Double Leg Hold - 1x for 20 - 30 seconds</p>  <p>(B) Single Leg with Hip Thrust - 5 - 10 reps each</p>  <p>PLANK (A) Hold - 1x for 20 - 30 seconds</p>  <p>(B) Single Leg Raise - 5x each side</p>  <p>(C) Side Plank - 1 x 20 - 30 seconds each side</p> 	<p>LEG CRADLE 4x each side (Hold for 2 - 3 seconds)</p>  <p>KNEE HUGS 4x each side (Hold for 2 - 3 seconds)</p>  <p>INVERTED HAMSTRING 4x each side (Hold for 2 - 3 seconds)</p>  <p>LATERAL LUNGE 4x each side (Hold for 2 - 3 seconds)</p>  <p>ELBOW TO INSTEP 4x each side (Hold for 2 - 3 seconds)</p> 	<p>MARCH 2x 10 yards</p>  <p>SKIP 2 x 10 yards</p>  <p>HIP IN 1 x 10 yards (Forward)</p>  <p>HIP OUT 1 x 10 yards (Backward)</p>  <p>JOG 2 x 10 yards</p> 	<p>DROP SQUAT 5x</p>  <p>2-INCH RUNS 3x for 3 - 5 seconds (10 yard sprint on last rep)</p>  <p>POGO 3x for 3 - 5 seconds (10 yard sprint on last rep)</p> 

BEGINNER

PILLAR ACTIVATION	DYNAMIC FLEXIBILITY	MOVEMENT INTEGRATION	NEURAL ACTIVATION
<p>GLUTE BRIDGE Double Leg Hold - 1x for 15 - 20 seconds</p>  <p>PLANK Hold - 1x for 15 - 20 seconds</p> 	<p>LATERAL SQUAT 3x each side (Hold for 2 - 3 seconds)</p>  <p>LEG CRADLE 3x each side (Hold for 2 - 3 seconds)</p>  <p>KNEE HUG 3x each side (Hold for 2 - 3 seconds)</p>  <p>FORWARD LUNGE 3x each side (Hold for 2 - 3 seconds)</p>  <p>HAND WALKS 3x (move forward 5 yards)</p> 	<p>MARCH 2x 10 yards</p>  <p>SKIP 2 x 10 yards</p>  <p>HIP IN 1 x 10 yards (Forward)</p>  <p>HIP OUT 1 x 10 yards (Backward)</p>  <p>JOG 2 x 10 yards</p> 	<p>DROP SQUAT 5x</p>  <p>2-INCH RUNS 3x for 3 - 5 seconds (10 yard sprint on last rep)</p> 