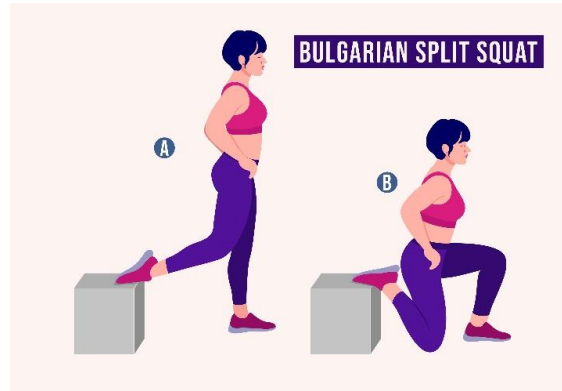


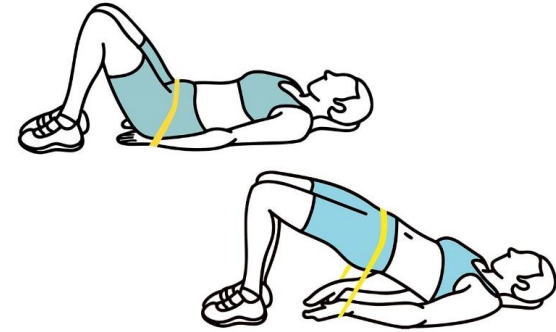
Alternating Lunges
3 sets x 15 reps



Bulgarian Split Squat
3 x 12 each leg



Hip Thrusters
3 x 15 reps



Side Kicks (Fire hydrants)
3 x 15 each leg

Donkey Kick Backs
3 x 15 each leg

Clamshell
3 x 15 each side

FIRE HYDRANT

WITH RESISTANCE BAND

A



B



1



2



A



B

