

ALL-STAR PRE-HAB WORKOUT

Pre-Hab Instructions - 14 January, 2016

Workout Focus: Glute Activation & Strength

You Need: a mat.

Suggested Warmup: None needed.

How To Build A Derby Booty:

1. Glute Activation exercises:

Here's a sample Day One plan:

Basic Bridge: 2 sets of 10

Marching Bridge: 2 sets of 20 steps

One-leg Bridge: 2 sets each side of 5 to 10

Clamshells: 2 sets of 15 to 20 each side

Kick Poop off Your Shoe: 2 sets of 10 to 15 each side

2. Glute Strengthening exercises:

Shown in the video:

Bulgarian Squats (aka Raised Leg Split Squat): 2-4 sets of 10-20 reps

Other Strengthening Alternatives:

Lunges / Lunges with Weight / Walking Lunges / Forward Leanover Lunges

Squats / Weighted Squats

Crossunder Squats / Sumo Squats

Side Lunges / Sideways Stairs

Step-Ups

Cool Down: Stretch! Figure-Four (aka Thread the Needle) and Pigeon

Original post located at: <http://rollerderbyathletics.com/strengthen-your-glutes-allstar>

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