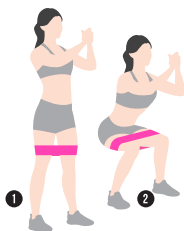
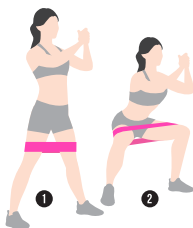


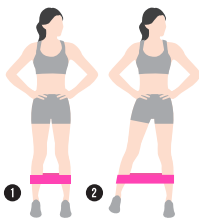
## STANDARD SQUAT



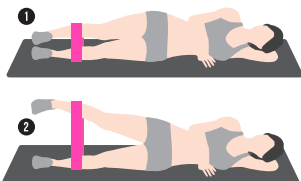
## SUMO SQUAT



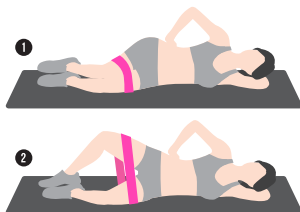
## STANDING HIP ABDUCTION



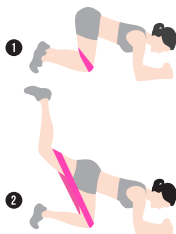
## SIDE-LYING LEG RAISE



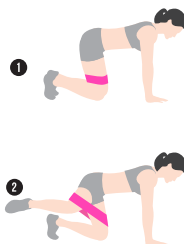
## SIDE-LYING CLAMSHELL



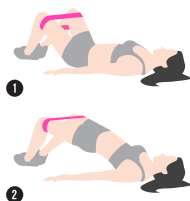
## DONKEY KICK



## FIRE HYDRANT



## GLUTE BRIDGE WITH ABDUCTION



## SUNDAY

- **Squatting Forward & Backward Walk:**  
3 X 1 rep (10 steps forward and back)
- **Squatting Sidewalk:**  
3 X 1 rep (10 steps to the side and back)
- **Donkey Kick:**  
2 X 25 reps per leg
- **Fire Hydrant:**  
2 X 25 reps per leg
- **Side-Lying Clamshell:**  
2 X 25 reps per leg
- **Split Squat:**  
2 X 25 reps per leg

## TUESDAY

- **Sumo Squat, with optional Pulse:**  
2 X 20 squats (5-10 pulses per squat)
- **Donkey Kick:**  
2 X 25 reps per leg
- **Hip Thrust, Band Only:**  
2 X 25 thrusts
- **Step-Up:**  
2 X 25 reps per leg
- **Standing Hip Abduction:**  
2 X 20 reps
- **Deadlift:**  
2 X 20 reps

## THURSDAY

- **Monster Walk:**  
3 X 1 rep (10 steps forward and back)
- **Squatting Forward & Backward Walk:**  
3 X 1 rep (10 steps forward and back)
- **Standard Squat, with optional Pulse:**  
2 X 20 squats (5-10 pulses per squat)
- **Side-Lying Hip Abduction:**  
2 X 25 reps per leg
- **Side-Lying Leg Raise:**  
2 X 25 reps per leg
- **Romanian Deadlift:**  
2 X 20 reps

## SATURDAY

- **Squatting Sidewalk:**  
3 X 1 rep (10 steps to the side and back)
- **Seated Hip Abduction:**  
2 X 20 reps
- **Step-Up:**  
2 X 25 reps per leg
- **Split Squat:**  
2 X 25 reps per leg
- **Donkey Kick:**  
2 X 25 reps per leg
- **Side-Lying Clamshell:**  
2 X 25 reps per leg

You may repeat these routines if desired. Monday, Wednesday, and Friday are rest days. Focus on upper body, cardio, or flexibility on these days.



WASH BY HAND WITH  
WARM SOAPY WATER



DO NOT USE DRYER  
(AIR DRY ONLY)



DO NOT BLEACH



DO NOT IRON



STORE IN A COOL  
DRY PLACE