

# LOWER BODY STRENGTH

## SET 1

Hip Thrusts



*Notes:*

this is your warm up/ activation set; select a low weight or resistance and focus on feeling your glute muscles engage

REPS: 25

## SET 2

Hip Thrusts



*Notes:*

consider this the start of your weight training work sets; select a weight that is challenging yet allows you to complete around 15 reps with proper form

REPS: 15

## SET 3

Hip Thrusts



*Notes:*

slightly increase the weight with this set if possible

REPS: 12

## SET 4

Hip Thrusts



*Notes:*

slightly increase the weight again with this set if possible

REPS: 10

*\*If you can, jot down the amount of weight or level of resistance you use for each set. We will do this each week to track progress.*