

Sample Pre-Workout Activation:

2-3 SETS (~2-3 min rest between sets)	REPS	Notes	Target Muscle
1. <u>Banded 'Monster Walk'</u> (Lateral/Forward/Back)	x10 ea.side	band around ankles (harder), above knees (easier)	Glutes, hip abductors,
2. <u>Reverse Lunge w. figure four hip stretch</u>	x10 ea.side	can use a wall, car or ski pole to help with balance.	Glute medius, hip stretch
3. <u>Clamshells</u> - (w. or without a band) standing or laying down	x10 ea. side	Keep your feet together, unless you are standing.	Hip abductors
4. Side lunge back and forth (staying low)	x8 ea. side		Hip mobility
5. <u>90/90s*</u>	x10 ea. side	if you are in the parking lot, you can substitute 'gate openers/closers'	Control and core activation is key here
6. Banded 'triangle' Abductors (forward, lateral, back)	x6 ea. side	Band around ankle	Gluteus medius, hip abductors,