

WEEK 25 – LOWER BODY (HINGE)

Hey y'all!

Here is this week's lower hinge for you! Please read all of the notes to ensure that you are doing the exercise properly. Remember, I'm here to help you the entire step of the way!

SET 1

Dumbbell Deadlift – 3 x 12

Single Leg Balance Taps – 3 x 10 each side

Banded Monster Walks - 3 x 10 down and 10 back

NOTES: Take large steps forward all the way, knees slightly bent and then repeat it backwards, stepping your toes first to find the floor.

SET 2

Dumbbell Step Up – 3 x 12

Front to Back Hops – 3 x 30 seconds

Single Leg Hamstring Curl – 3 x 15

SET 3

Barbell Hip Thrust – 3 x 12

NOTES: When beginning to hip thrust, I would first like you to work through the motion with no weight at all. Get set up with your upper back against the bench, knees bent and feet parallel. Drive the hips up to the top, keeping your chin tucked and tilt the pelvis at the top. Once you have mastered that movement, you may grab a weighted barbell with a pad to then lay on your hips. I prefer to use bumper plates because they provide enough space to slide your legs under without having someone else assist you by laying the weight down on your hips.

Lateral Band Walks – 3 x 15 each way

Beast Crawl – 3 x 10 down and 10 back

Please let me know if you need my help because I am here to help. Send some videos and pictures to get my feedback on form!

#BUILDDANEMPIRE,
Rock