

Name:		Date:		
Workout/Goal:				
Frequency:				
Session Length:		Program Phase Duration:		
Equipment:				
Session Phase:	Warm-Up ☐	Main Workout ☐	Cool Down ☐	
EXERCISE	SETS	REPS/ TIME	TEMPO	REST
NOTES				
NOTES				
NOTES				
NOTES				
NOTES				
NOTES				

Mini Good Morning

Foundational Movement: Hip Hinge

- **What Should Be Stable?** Core, knees
- **What Should Be Mobile?** Hips

Equipment: None

POSITION: Stand up tall with your feet about hip-width apart. Keep a soft bend in your knees, not locked. Place your hands on your hips or lightly across your chest.

START:

1. Stand tall like a string is gently pulling you up from the top of your head.
2. Gently pull your shoulders down and back, like you're tucking them into your back pockets. Keep your neck long and relaxed.
3. Make sure your ribs and hips are lined up like they're stacked on top of each other (don't let your ribs flare out or tuck under).
4. Look straight ahead so your neck stays in line with your body.
5. Lightly tighten your glutes before you move to feel stable.

MOVEMENT:

6. Take a slow breath in. As you inhale, gently push your hips back, like you're tapping your butt against a wall behind you.
7. Chest is open, proud, and lifted, like you're showing off the logo on your shirt; your back should stay straight, not curved or hunched.
8. Stop when you feel a stretch in the backs of your thighs (hamstrings), before your upper back starts to hunch forward.

RETURN:

9. As you exhale, press through your heels and squeeze your glutes to bring your hips forward to standing.
10. Finish tall by standing upright and lightly tightening your abs and glutes.

COACHING TIPS/CUES:

- Think of it as a small hinge at your hips, not a bend in your back.
- Push your hips back, then squeeze your glutes to come up.
- Keep your core engaged so your lower back feels supported.

REGRESSION: Only hinge a few inches back to start. Rest your hands lightly on a chair or countertop for balance if needed. **PROGRESSION:** Add a mini band just above your knees to remind your legs to stay aligned with your toes, and fire your glutes more. Or hold light dumbbells in each hand when you feel ready.

Standing Glute Squeeze with March

Foundational Movement: March & Static Glute Contraction

- **What Should Be Stable?** Core, ribs, hips
- **What Should Be Mobile?** Hips, knees

Equipment: None

POSITION: Stand tall with your feet about hip-width apart. You can place your hands on your hips or lightly rest them behind your head to help with posture.

START:

1. Stand up straight like a string is gently pulling you up from the top of your head.
2. Lightly squeeze your glutes and tighten your abs slightly, like you're bracing for a light poke in the stomach.
3. Keep your ribs and hips lined up like they're stacked on top of each other (don't let your ribs flare out or tuck under).
4. Take a slow breath in.

MOVEMENT:

5. As you exhale, slowly lift one knee toward your belly, like a controlled march. Only go as high as you can without leaning back.
6. Keep your hips level and your shoulders steady. No tipping or twisting.

RETURN:

7. Inhale as you lower your foot back to the floor with control.
8. Reset your posture, keeping your glutes lightly engaged before lifting the other leg.

COACHING TIPS/CUES:

- Squeeze your glutes (butt) first, then lift your knee.
- Stay tall, like you're balancing a book on your head.
- Keep your shoulders down and back, away from your ears.

REGRESSION: Do a light toe tap forward or lift your knee just a few inches off the floor. Hold a countertop or sturdy chair for balance if needed. **PROGRESSION:** Add a mini band above your knees to activate your glutes more, or lift your leg slower with a short pause at the top.

Standing Posterior Tilt Press

Foundational Movement: Pelvic Control (Anti-Extension)

- **What Should Be Stable?** Ribs, upper body
- **What Should Be Mobile?** Pelvis, hips

Equipment: None

POSITION: Stand tall with your feet about hip-width apart. Place both hands on your hips so you can feel your pelvis move.

START:

1. Stand with your ribs lined up directly over your hips, not arching or leaning.
2. Keep your knees soft, not locked.
3. Tighten your abs slightly, like you're bracing for a light poke in the stomach.
4. Lightly squeeze your glutes so your body feels steady.

MOVEMENT:

5. As you exhale, slowly tuck your tailbone under, like you're trying to gently flatten your lower back.
6. Feel your belly and glutes work together to move your pelvis.
7. Keep your upper body still and steady while your hips move.

RETURN:

8. Inhale as you slowly release the tilt and return to your natural standing position.
9. Reset, keeping your posture tall before starting the next rep.

COACHING TIPS/CUES:

- Think of gently rolling your tailbone under, then tightening your glutes.
- Keep your upper body still; only your hips move.
- Stay tall, like a string is pulling you up from the top of your head.

REGRESSION: *Only hold the glute squeeze for 1–2 seconds. Keep the range of motion small. Do it near a countertop for balance if needed.*

PROGRESSION: *Add a mini band around the thighs and hold the glute squeeze for 3–5 seconds. Focus on slow, controlled reps.*