Name: **Date:** Fall 2025

Workout/Goal: Weeks 3–4: Add Control

Frequency: 2-3 sessions per week with at least one rest or light-movement day in between.

Session Length: ~10 Minutes **Program Phase | Duration:** Two | 2 Weeks

Equipment: None (body weight) or Option: add a Pilates or mini ball for a stability challenge.

Session Phase:	Warm-Up	Main Workout	Cool Down
	☐	☑	☐

EXERCISE	SETS	REPS/ TIME	TEMPO	REST
Glute Bridge with Heel Dig	2-3	30-40 seconds	Slow/Controlled	20 seconds
NOTES Drive through your heels, not your toes.				
Glute Bridge Hold	2-3	30-40 seconds	Slow/Controlled	20 seconds
NOTES Think “glutes on, core firm, ribs steady.”				
Glute Bridge March	2-3	30-40 seconds	Slow/Controlled	20 seconds
NOTES Keep your ribs and hips lined up, no dipping or twisting.				
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SEVENTH REMEDY

Glute Bridge with Heel Dig

Foundational Movement: Hip Extension & Posterior Chain Activation (Back Side)

- **What should be Stable?** Upper back, rib cage
- **What should be Mobile?** Hips, glutes, hamstrings, and lower back

Equipment: Mat

POSITION: Lie on your back (supine) with your knees bent and your heels pressed into the floor.

START:

1. Lower down one section at a time (low back, mid back, then upper back), like you're slowly peeling your spine onto the mat.
2. Keep your arms by your sides and your spine neutral; there should be a small space under your lower back. Take a slow breath in.
3. As you exhale, gently tilt your pelvis to press your lower back flat into the mat.
4. Imagine you're scooping your tailbone slightly toward your ribs.
5. Lightly tighten your abs, like you're bracing for a light poke in the stomach.

MOVEMENT:

6. Make sure both feet are flat, about hip-width apart, and a few inches from your glutes (butt). Take another slow breath in.
7. As you exhale, brace your abs and push down through your heels like you're trying to press the floor away from you.
8. Lift your hips until your body forms a straight line from your shoulders to your knees.
9. Squeeze your glutes at the top. You should feel this in your glutes and hamstrings, not your lower back.

RETURN:

10. Inhale as you slowly lower your hips back down, one section at a time, until your lower back returns to neutral.

COACHING TIPS / CUES:

- Drive through your heels, not your toes.
- Keep your hips level like headlights shining straight ahead.
- Squeeze your glutes at the top, no arching through your lower back.

REGRESSION: *Start with a smaller lift, even a few inches is fine. Focus on the tilt and squeeze before worrying about height.* ***PROGRESSION:*** *Place a mini band above your knees or dig your heels in deeper to engage your hamstrings more. Hold the top for 3–5 seconds with control.*

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SEVENTH REMEDY

Glute Bridge Hold

Foundational Movement: Hip Extension

- **What Should Be Stable?** Ribs, core, and shoulder blades
- **What Should Be Mobile?** Hips

Equipment Mat (optional: mini band above knees or small ball between knees)

POSITION: Lie on your back (supine) with your knees bent, feet flat on the floor. Arms rest by your sides, palms down.

START:

1. Position your heels under your knees, feet hip-width apart and flat.
2. Relax your arms, shoulders, and neck.
3. Keep your head and gaze straight up so your neck stays in line with your spine.
4. Lightly tighten your abs, like you're bracing for a light poke in the stomach.
5. Keep your ribs and hips lined up, no arching or leaning.

MOVEMENT (Lift):

6. As you exhale, press down evenly through your heels.
7. Squeeze your glutes like you're trying to make them firm, not squishy.
8. Lift your hips until your body forms a straight line from your shoulders to your knees, like you're pushing the floor away from you.
9. Keep your ribs steady and your core gently braced so you don't arch your lower back.

RETURN (Hold & Breath):

10. Hold this top position for about 3–5 slow breaths.
11. Breathe in and out, keeping your glutes firm and your ribs steady.
12. After your final breath, lower your hips slowly back down, one section at a time, until your spine rests on the mat. That is one rep.

COACHING TIPS / CUES:

- Drive through your heels, not your toes.
- Keep your hips level, like headlights shining straight ahead.
- Think "glutes on, core firm, ribs steady."

REGRESSION: *Lift your hips only partway up or rest a yoga block or cushion under your hips for light support. Keep the hold short, just a few breaths at a time.* ***PROGRESSION:*** *Add a mini band above your knees and press out gently, or hold a small ball between your knees to engage your inner thighs.*

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Glute Bridge March with Mini Ball

Foundational Movement: Hip Extension with Anti-Rotation (Core & Glutes)

- **What should be Stable?** Core, pelvis, ribcage
- **What should be Mobile?** Hips

Equipment: Mini Ball

POSITION: Lie on your back (supine) with your knees bent and your heels pressed into the floor.

START:

1. Lower down one section at a time (low back, mid back, then upper back) like you're slowly peeling your spine onto the mat.
2. Keep your arms by your sides and your spine neutral; there should be a small space under your lower back. Take a slow breath in.
3. As you exhale, gently tilt your pelvis to press your lower back into the mat.
4. Imagine you're scooping your tailbone slightly toward your ribs.
5. Lightly tighten your abs, like you're bracing for a light poke in the stomach.

MOVEMENT:

6. Make sure both feet are flat, about hip-width apart, and a few inches from your glutes (butt).
7. Place the mini ball between your knees and squeeze it gently with your inner thighs (about 30%). Take another slow breath in.
8. As you exhale, press down through your heels like you're pushing the floor away from you.
9. Lift your hips until your body forms a straight line from your shoulders to your knees.
10. Squeeze your glutes at the top; you should feel them working, not your lower back.
11. Keeping the ball steady, lift one foot a few inches off the floor like a slow, controlled march.
12. Keep your hips level and steady, imagine your hips are headlights shining straight ahead.

RETURN:

13. Lower your foot back to the floor with control and switch sides, that's one rep.

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14. After your last rep, slowly lower your hips back down one section at a time until your spine rests on the mat.

COACHING TIPS / CUES:

- Keep your ribs and hips lined up, no dipping or twisting.
- The ball should stay still; if it moves, your inner thighs and core lost their connection.
- Squeeze your glutes at the top and keep your core firm for stability.

REGRESSION: *Skip the march and hold the bridge steady, keeping the ball squeezed gently between your knees. Focus on keeping your hips level and core firm.*
PROGRESSION: *March slower with a longer pause at the top, or hold the lifted-leg position for 2–3 seconds before switching sides.*

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