Name: **Date:** Fall 2025

Workout/Goal: Weeks 5–6: Strength and Endurance

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

Session Length: ~10-15 Minutes **Program Phase | Duration:** Three | 2 Weeks

Equipment: Option: Two light dumbbells and a mini band above knees.

Session Phase:	Warm-Up	Main Workout	Cool Down
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EXERCISE	SETS	REPS/ TIME	TEMPO	REST
Heel-Connected DB Bridge Press	3	40–50 seconds	2 s up, 3 s down	10 seconds
NOTES Hold the top for about 3–5 slow breaths, keeping your body in a straight line from shoulders to knees.				
Glute Bridge w Pulse Up & Out	3	40–50 seconds	2 s up, 2 s down	10 seconds
NOTES Move small and slow; this is about control, not speed or height.				
Glute Bridge w Single-Leg Lifts	3	40–50 seconds	2 s up, 2 s down	10 seconds
NOTES Squeeze your glutes (butt muscles) like you're holding a credit card between your cheeks.				
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Heel-Connected Dumbbell Bridge Press

Foundational Movement: Hip hinge and core stability (lifting hips while pressing weights, keeping your middle strong and steady)

- **What should be Stable?** Your feet (heels together and flat), upper back, shoulders, head, and your core (middle).
- **What should be Mobile?** Your hips (moving up and down), arms (pressing weights up and down).

EQUIPMENT: 2 light dumbbells (or water bottles), mat or soft surface

POSITION: Lie on your back with your knees bent and feet flat on the floor. Bring your heels together so they touch and let your toes turn slightly out, forming a small "V." Hold one dumbbell in each hand with elbows bent and arms resting on the floor, palms facing away from you.

START:

1. Keep your heels touching, toes slightly out (like a small "V").
2. Dumbbells in hands, elbows bent about halfway between your sides and your shoulders.
3. Keep your shoulders relaxed and down, with the back of your head resting on the mat.
4. Lightly tighten your abs, like you're bracing for a light poke in the stomach. Take a slow breath in to prepare.

MOVEMENT:

5. As you exhale, press through your heels and squeeze your glutes to lift your hips off the floor.
6. At the same time, press both dumbbells up toward the ceiling until your arms are straight above your chest.
7. Hold the top for about 3–5 slow breaths, keeping your body in a straight line from shoulders to knees.

RETURN:

8. Inhale as you slowly lower your hips back down, one section at a time, until your spine rests on the mat.
9. At the same time, bend your elbows to lower the dumbbells back to the starting position. That completes one rep.

COACHING TIPS / CUES:

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- Keep your heels glued together to help your glutes activate evenly.
- Breathe out as you lift and press, breathe in as you lower.
- Squeeze your glutes at the top to avoid arching through your lower back.

REGRESSION: *Perform the bridge lift without weights, keeping your arms by your sides. Lift your hips only a few inches off the floor.* ***PROGRESSION:*** *Pause at the top for 3–5 seconds before lowering, use heavier weights, or press with one arm at a time to challenge stability.*

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SEVENTH REMEDY

Glute Bridge with Pulse Up and Out

Foundational Movement: Hip Extension (Glutes and Core Activation)

- **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 with your knees bent and 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 so your body stays steady, not arched or leaning.

MOVEMENT:

6. As you exhale, press down evenly through your heels.
7. Squeeze your glutes and slowly lift your hips for a count of two, until your body forms a straight line from your shoulders to your knees. It should feel like you're pressing the floor away from you.
8. At the top, keep your glutes tight and your ribs steady.
9. Perform a small pulse up by lifting your hips one to two inches higher (keep your abs tight and keep squeezing your glutes).
10. Then pulse out gently against the mini band by pressing your knees slightly apart without losing tension in your abs and glutes.
11. Keep the movement small and controlled. Pulse up, pulse out, then return to your starting bridge height. That is one full pulse cycle.
12. Continue pulsing for five cycles, breathing naturally through each one.

RETURN:

13. After your final pulse, slowly lower your hips for a count of two, one section at a time, until your spine rests on the mat. That completes one rep

COACHING TIPS / CUES:

- Drive through your heels, not your toes.
- Keep your hips level, like headlights shining straight ahead (no tilting or tipping).
- Move small and slow; this is about control, not speed or height.

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- If using a band, keep light tension the whole time; do not let your knees collapse inward.

REGRESSION: *Skip the pulses and hold the top of the bridge for a few breaths. Focus on keeping your glutes firm and your hips level.*

PROGRESSION: *With a mini band above your knees (for more glute activation), try 10 slow pulse cycles before lowering. You can also hold a small ball between your knees to engage your inner thighs.*

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SEVENTH REMEDY

Glute Bridge with Single Leg Lifts

Foundational Movement: Hip Extension and Core Stability (Glutes, Hamstrings, and Core)

- **What should be Stable?** Ribs, core, and hips stay level
- **What should be Mobile?** Hips and lifted leg

Equipment: Mat

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

START:

1. Inhale to get ready. Press both feet evenly into the floor for support if needed.
2. Keep your arms pressing gently into the floor.
3. As you exhale, gently tuck your pelvis so your tailbone tips toward your chin and begin lifting your hips.
4. Stop when your body forms a straight line from your shoulders to your knees.

MOVEMENT:

5. Inhale at the top. Keeping your hips steady, exhale and slowly lift one foot off the floor, straightening that leg so your thighs stay side by side.
6. Choose what feels best: keep your foot flexed to help stabilize your hips or point your toes to lengthen through the leg.
7. Hold the lifted leg for one slow breath (inhale and exhale).
8. Lower your foot back down with control, keeping your hips level and steady.
9. Repeat on the other side.

RETURN:

10. Inhale at the top with both feet down.
11. Exhale and slowly roll your spine back to the mat, one section at a time, until your hips rest down last. That completes one rep.

TRAINER TIPS/CUES:

- Squeeze your glutes (butt muscles) like you're holding a credit card between your cheeks.
- Press your arms and upper back into the floor to help keep your body steady.
- Move slowly, imagine you're balancing a glass of water on your belly.

REGRESSIONS: *Lift your hips and hold the bridge at the top without raising a leg, or lift just your heel off the floor instead of the whole leg.* ***PROGRESSIONS:*** *Hold the lifted leg up for two to three slow breaths before switching sides, or lift the leg straight toward the ceiling for a greater challenge.*

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