Lower Body Prehab

Glute Activation Series:

Week 1-4

- Glute and hip flexor roll out. (use tennis ball or foam roller)
- Kneeling Hip Flexor Stretch x:30 sec each
- Clamshells x10 each
- Cook Hip Lift 8 x 3sec hold

Week 5-8

- Glute and hip flexor roll out. (use tennis ball or foam roller)
- Foot Elevated Quad Hip Flexor Stretch x:30 sec each
- Fire Hydrants x10 each
- Glute Bridge 8 x 3sec hold

Week 9-12

- Glute and hip flexor roll out. (use tennis ball or foam roller)
- Foot Elevated Quad Hip Flexor Stretch x:30 sec each
- Band Walks x22 each
- Single Leg Glute Bridge x:30 each

Squat Progression

Week 1-4

- BW Squat 3x10 w/5 sec lowering – have a partner push in on knees while you push out (can also use a mini band around the knees).
- Wall Squat Hold w/MB between knees 2x:45
- ½ Wall Squat Hold w/MB between knees 3x:45

Week 5-8

- OH Squat 3x10 w/5 sec lowering – have a partner push in on knees while you push out (can also use a mini band around the knees).
- Split Squat Hold 2x:30 each- have a partner push in on knee while you push out.
- Wall Squat Hold w/MB between knees and holding 25 lb plate 2x:45

Paired w/

- ½ Wall Squat Hold w/MB between knees 2x:45

Week 9-12

- Pitcher Squat Hold 2x:30 each- have a partner push in on knee while you push out.
- OH Squat 3x5 w/5 sec hold at bottom. Have a partner push in on knees while you push out (can also use a mini band around the knees)
- BW Squat Hold w/MB between knees 2x:45

Paired w/

- ½ Wall Squat Hold w/MB between knees and holding 25 lb plate 2x:45