






















## RESTORE: The Hips Program (Stability/Strength) – Weeks 2 and 3

Week 2	Day 8	9	10	11	12	13	14
	 REST today....or finish up any assessments or review from Day 7 of week 1.	 Go to...STEP 1: How to Progress: More Advanced Hip-Hinging and Deadlift. Watch, learn, and then practice, practice, practice!   *Remember, it's FORM FIRST at this stage of your training! Don't neglect form and simply replace it with "harder." Use a mirror!	 Go to the End Range Lift-Off for Hip Extension and practice. Then go to STEP 3: Training - the Whammy Clammy. Watch, learn, practice. When done, practice basic clams and bridging.	 Go to...the Follow Along Circuits. Let's do Workout #1: Hip-Hinging PRACTICE >> 2-Leg Deadlifting	 REST today...read, study, or learn. Or finish up any assessments or review from Day 7 of week 1.   *Remember, it's FORM FIRST at this stage of your training! Don't neglect form and simply replace it with "harder." Use a mirror!	  Go to...the Follow Along Circuits. Let's do Workout #2: End Range Lift-Off OR the Crab Bridge >>Whammy Clammy >> Basic Clams/Bridging  	 Go to...the Follow Along Circuits. Let's do Workout #1: Hip-Hinging PRACTICE >> 2-Leg Deadlifting.   Then Go to...STEP 3: Training - the Lateral Lunge. Watch, learn, and practice.
Week 3	Day 15	16	17	18	19	20	21
	 REST - read, study. Review anything you may need to from these past two weeks of training.	 Go to...STEP 3: Training - the Toe-Press Squat. Watch, learn, and practice.   If time allows, also look at the Single Leg Deadlift. Watch, learn, practice.	 Go to...the Follow Along Circuits. Let's do Workout #3: End Range Lift-Off >> Lateral Lunging >> Toe-Press Squat	 Go to...STEP 3: Training - the Single-Leg Deadlift (SLDL). Watch, learn, practice. Rinse and repeat. Repetition! If time allows, do some basic clams and bridging!	 REST - read, study.	 Go to...the Follow Along Circuits. Let's do Workout #4: Basic Hip-Hinge and 2-Leg Deadlifting Practice >> Single Leg Deadlift >> 2-Leg Deadlift	 Go to...the Follow Along Circuits. Let's do Workout #3: End Range Lift-Off >> Lateral Lunging >> Toe-Press Squat   If time and energy allow, Whammy Clammys! And then clams and bridging.