




















RESTORE: The Hips Program (Stability/Strength) – Weeks 4 and 5

Week 4	Day 22	23	24	25	26	27	28
	 REST - read, study. Review anything you may need to from these past three weeks of training.	 Go to...STEP 3: Training - the Rearfoot Elevated Split Squat - Eccentric Quasi Isometric. Watch, learn, and practice.	 Go to...the Follow Along Circuits. Let's do Workout #5: Whammy Clammy >>Rearfoot Elevated Split Squat Eccentric Quasi-Isometric (EQI)	 Go to...STEP 3: Training - Hip Thrusting. Watch, learn, and practice.	 REST - read, study. In particular, read and study the Hip Series exercises which we'll be getting into soon.	 Go to...the Follow Along Circuits. Let's do Workout #6: Hip Thrusting to the Max >> Crab Bridge	 Go to...the Follow Along Circuits. Let's do Workout #7: 2-Leg Deadlift >> Single Leg Deadlift >> Hip Thrusting!
		 If time allows, spend a few minutes practicing the SLDL!		 If time allows, spend a few minutes practicing the SLDL!			 If time and energy allow, Whammy Clammys! And then clams and bridging.
Week 5	Day 29	30	31	32	33	34	35
	 REST - read, study. Review anything you may need to from these past four weeks of training.	 Go to...STEP 3: Training - the Advanced Two Exercise Hip Series- Side Lying Hip Bridge. Watch, learn, and 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 Advanced Two Exercise Hip Series - Mini-Band Side Step. Watch, learn, and practice.	 REST - read, study.	 Go to...the Follow Along Circuits. Let's do Workout #8: Grooving the Hip Series Groove! (Side Lying Hip Bridge and Mini Band Side Step)	 Your choice today! Rest, or do any of the circuits that you feel would be helpful. Get ready for your next four weeks of training and learning!
		 If time allows, also look at the Mini-Band Side Step.		 If time allows, go back to the Side Lying Hip Bridge for more practice, practice, practice!			