















RESTORE: The Hips Program (Stability/Strength) – Weeks 8 and 9

Week 8	Day 50	51	52	53	54	55	56
	 REST - read, study. Review anything you may need to from the past weeks of training. Keep practicing skills.	 You now have 7 weeks of training under your belt. Let's relook at STEP 2: Assessing Hip Stability. Do End-Range Lift Off. Reshoot run video, video 1-leg squat or barefoot single leg balance. Are you making the progress you hoped to?	 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)	 Go to...the Follow Along Circuits. Let's do Workout #8: Crab Bridge >> Hip Thrusting to the Max >> Crab Bridge	 REST - read, study.	 Go to...the Follow Along Circuits. Let's do Workout #7: 2-Leg Deadlift >> Single Leg Deadlift >> Hip Thrusting!	 Go to...the Follow Along Circuits. Let's do Workout #11: Bodyweight RFESS >> RFESS EQI >> Hip Thrusting to the Max!
Week 9	Day 57	58	59	60	61	62	63
	 REST - read, study. Review anything you may need to from the past weeks of training. Keep practicing skills.	 Go to...the Follow Along Circuits. Let's do Workout #3: Crab Bridge >> Lateral Lunging >> Toe-Press Squat	 Go to...the Follow Along Circuits. Let's do Workout #12: Hip Series >> RFESS EQI >> Hip Thrusting to the Max! >> RFESS EQI	 Go to...the Follow Along Circuits. Let's do Workout #5: Whammy Clammy >>Rearfoot Elevated Split Squat Eccentric Quasi-Isometric (EQI)	 REST - read, study.	 Go to...the Follow Along Circuits. Let's do Workout #12: Hip Series >> RFESS EQI >> Hip Thrusting to the Max! >> RFESS EQI	 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!