















## RESTORE: The Hips Program (Stability/Strength) – Weeks 6 and 7

Week 6	Day 36	37	38	39	40	41	42
	 REST today....take a look ahead to see what is next, or review anything you need to from the past 5 weeks.	 You now have 5 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 #6: Crab Bridge >> Hip Thrusting to the Max >> Crab Bridge	 REST - read, study.	 Go to...the Follow Along Circuits. Let's do Workout #2: Crab Bridge >>Whammy Clammy >> Basic Clams	 Go to...Follow Along Circuits. Let's do Workout #10: Crab Bridge >> Hip Series >> Toe-Press Squat
Week 7	Day 43	44	45	46	47	48	49
	 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 #7: 2-Leg Deadlift >> Single Leg Deadlift >> Hip Thrusting!	 REST - read, study. (As skills improves, intensity naturally rises. You're more comfortable with the exercises so you can pour more into them. As a result, more rest between sessions is necessary).	 Go to...the Follow Along Circuits. Let's do Workout #3: Crab Bridge >> Lateral Lunging >> Toe-Press Squat	 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 #11: Bodyweight RFESS >> RFESS EQ! >> Hip Thrusting to the Max!