

## **Glute Bridge / Plank / Quadruped / T-spine / Foam Rolling Series'**

### Walking Series:

1. Standing Knee Hugs – down leg straight, toe up on up leg, tall posture and hold for 2-3 count.
2. Shin Grab – same key points but grab knee and shin and pull upward
3. Quad Pulls – reach and pull foot up to butt with opposite hand while reaching overhead with other arm.
4. Standing figure 4's – single leg stance w/ opposite leg crossed over knee and sink into a single leg squat.
5. Walking Knee Circumducts – high lateral knee circles forward and back.

### Hip Series:

1. From All fours – Keep toes pulled toward shins throughout, abs braced and low back neutral
  - a. Lateral knee raises x 8 each
  - b. Heel kicks – keep knee at 90\* and squeeze glute w/ each rep x 8 each
  - c. Straight leg heel to toe rockers – swing leg back and forth touching toe behind opposite foot and swinging outward touching the heel outside of hip. x 8 each
2. Laying on back – keep low back pushed into floor w/ abs braced
  - a. Single leg raise w/ other foot flat on floor x 8 each
  - b. Knees pulled toward chest w/ lateral leg lowering (try to progress to having the legs straight up toward ceiling and lowering them in same fashion) x 8 each
3. Supine (laying on back) Pelvic tilting
  - a. Tilt hips forward create as much space as possible between floor and lower back
  - b. Take that same space away and push low back into floor while bracing through the abs
4. Leg Swings – standing facing wall
  - a. Keep the down leg flat on the floor and the toe pointed straight forward
  - b. Swing opposite leg back and forth in front of the body loosely and rhythmically for 15 reps with each leg
5. Seated Knee Rockers

- a. Start with sitting on floor with knees bent at approximately 90\* & heels on floor w/ toes up.
- b. Rock both knees toward the same side (both falling left & then right) trying to lay them as flat to the floor as possible.
- c. Repeat rockers 4-5 times on each side and then bring your torso forward leaning down toward the front knee and bringing chest as close to the knee as possible while reaching arms out over the knee. Repeat this cycle of 4-5 rockers and reaching 2-3 times each side.

### Thoracic Spine Mobility Exercises

1. Cat/Camel
  - a. From all fours – arch back toward ceiling as high as possible and then sag downward pinching shoulder blades together.
  - b. Go to both extremes & hold for 2 count for 8-10 reps
2. Kneeling reach backs
  - a. From all fours – put one hand on the back of your head and then rotate your elbow down & under toward opposite arm & finish by rotating elbow up toward the ceiling as high as possible
  - b. Repeat for 8-10 on each side
3. Seated Rotate & Flex
  - a. Seated with both hand on the back of your head and elbow pulled back pinching shoulder blades rotate as far as possible to the left or right sitting tall
  - b. Then flex downward leading with your elbow as far as possible
  - c. Finish by following the same path as you started from – unflex from previous position and then rotate back to neutral. Repeat on other side and do 4-5 on each side.

### Glute Bridge Series:

1. Laying on back w/ feet hip width and toes pulled toward shins
  - a. Hip bridge up pushing through heels w/ both feet on ground for 10 reps
  - b. Hip bridge w/ single leg hold for 10 seconds each
  - c. Glute Bridge March – keep hips in bridge and pull knees to chest in alternating fashion
  - d. Single Leg Drive – opposite leg vertical – drive through heel raising hip to extended position
  - e. Single leg bridge w/ up and down flutter w/ extended leg for 10 reps each
  - f. Single leg bridge w/ in and out flutter w/ extended leg for 10 reps each
  - g. Knee hug hip raise. Pull one knee to chest and perform hip raise with opposite leg for 10 reps each
  - h. Lateral Leg Lowering – from bridge with 1 leg extended vertically – lower leg laterally focusing on keeping hips level and stable

### Foam Roller Work:

1. Roll IT bands, Quads, Glutes (leg crossed), Hamstrings, Calves & Back (with hands on head & elbows together)
2. Upper back mobility – put roller in middle of back with arms on head and arch over roller for 8-10 reps
3. Reach, Roll & Lift – kneeling with hips back to heels. Put hands on roller with thumbs up, roll out as far as possible & then lift both hands off rolling in alternating fashion.

### Ankle Series:

1. Keep weight on front foot and keep flat on the ground
2. Drive knee over toes for 8 reps
3. Drive knee toward big toe for 8 reps
4. Drive knee toward little toe for 8 reps

The plank series below here was added onto this file so I just left it. You can always add this if you like.

### Plank Series: for 2 sets of 20 seconds each

1. Prone plank (up/downs) – From plank position push your self up from your elbow to push-up position. Then return back to plank position. Alternate left/rt & rt/left for 3 reps on each side.
2. Prone Plank – Static hold
3. Side plank
4. Side plank hip raise – from side plank position – raise and lower hips from ground to plank position – 2x10 reps on each side.
5. Table top plank (facing upward and pushing hips off ground)
6. Single arm plank 10 seconds each arm
7. Single leg plank 10 seconds each leg
8. Leg split side plank (top leg forward)
9. Table Top w/ heel kick toward ceiling 5 each leg
10. Single arm and leg prone plank (opposite arm and leg)
11. Side plank star (top leg raised in side plank and top arm reaching up) 10-15 seconds each
12. Side plank top leg plank (w/ inside edge of top leg holding and bottom leg up in stride position) 10-15 seconds each
13. Wall strider plank (w/ back foot against wall) hold for 10-20 seconds w/ each