



Core & Glute Activation Plan

Ignite your powerhouse muscles before every workout to move better, lift stronger, and prevent injury.

Why Activate?

Before jumping into a full workout, priming your **core** and **glutes**:

- Improves muscle-mind connection
- Reduces risk of low back and knee pain
- Helps you engage the right muscles during training
- Builds strength and stability over time

Do This Routine Before Your Workout or on Active Recovery Days

Repeat **1 - 2 rounds**, depending on time and fitness level.

Core Activation

1. **Dead Bug** - 10 reps per side
 - *Keep lower back flat to the floor. Move slowly and stay controlled.*
2. **Forearm Plank Hold** - 20-30 seconds
 - *Focus on full-body tension. Engage your glutes and draw your belly in.*
3. **Bird Dog** - 8 reps per side
 - *Reach long from fingertips to heel. Don't rush!*
4. **Heel Taps** (on back) - 10 reps per leg
 - *Lift legs to tabletop, then gently tap heels down without arching your back.*

Glute Activation

1. **Glute Bridge** - 15 reps
 - *Drive through heels, squeeze glutes at the top, don't over-arch your back.*
2. **Clamshells** (with or without band) - 12-15 reps per side
 - *Keep hips stacked. Focus on slow, controlled movement.*
3. **Quadruped Donkey Kicks** - 10-12 reps per leg
 - *Foot flexed, push upward with control - don't rock your hips.*
4. **Lateral Band Walks** (optional band) - 10 steps each direction
 - *Bend knees slightly, stay low and controlled. Keep tension on the band.*

Quick Tips

- **Breathe** during each movement - don't hold your breath.
- **Form first:** Quality > Quantity
- **Feel the burn** in your glutes and deep core - not your low back!

Use this before strength training, walking, or even as a mid-day energy boost.

You'll feel stronger, more stable, and better prepared to crush your workout.

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