

A\$\$ with a Purpose

Day 1

Hip Thrust

*3 sets
5-8 reps*



Bulgarian Split Squat

*3 sets
8-10 reps*



Romanian Deadlift

*3 sets
8-10 reps*



Lateral Lunge

*3 sets
8 reps*



XCEL Performance

*ensure resistance used makes the last 2 reps challenging/hard to complete. If you are able to do 2 more reps than the higher rep number, increase weight. If you are unable to achieve the lower rep number, lower the weight.

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Day 2

Squat

*3 sets
5-8 reps*



Single Leg RDL

*3 sets
8-12 reps*



Single Leg Hip Thrust

*3 sets
10-15 reps*



Standing Hip Abduction

*3 sets
10-15 reps*



XCEL Performance

*ensure resistance used makes the last 2 reps challenging/hard to complete. If you are able to do 2 more reps than the higher rep number, increase weight. If you are unable to achieve the lower rep number, lower the weight.