**1. Glute Bridges**

Goal:

* Strengthen the glute muscles
* Work on hip extension
* Engage the core with hip movements

Cues:

* Start lying flat on your back
* Bend your knees, feet flat on the ground
* Bring your heels as close to your butt as you can (keeps the focus on the hamstrings)
* Engage your core muscles (slightly pull your rib cage down towards your pelvis)
* Keep this engaged thought the movement
* Tuck your pelvis (pull pelvis up towards rib cage, will engage your glutes)
* From here, press your feet into the ground and lift your hips toward the sky
* Stop when your legs, hips, and back are in a straight line
* Squeeze your glutes at the top
* Slowly and controlled return to the starting position
* Avoid arching your low back
* Keep the core engaged!
* Avoid letting your toes or heels lift off the ground throughout

Where you should feel it:

* Glutes! (Butt muscles)
* Core
* Quads (front of thighs)

Video/pictures:

* <https://www.instagram.com/reel/C6INIA2L-9H/?igsh=NTc4MTIwNjQ2YQ==>
* <https://www.instagram.com/reel/DHKVl12J6Yn/?igsh=NTc4MTIwNjQ2YQ==>

**2. Single Leg Glute Bridges**

Goal:

* Strengthen the glute muscles
* Work on hip extension
* Engage the core with hip movements

Cues:

* Start lying flat on your back
* Bend your knees, feet flat on the ground
* Bring your heels as close to your butt as you can (keeps the focus on the hamstrings)
* Unbend one leg at the knee so it is straight out
* Engage your core muscles (slightly pull your rib cage down towards your pelvis)
* Keep this engaged thought the movement
* Tuck your pelvis (pull pelvis up towards rib cage, will engage your glutes)
* From here, press your foot into the ground and lift your hips toward the sky
* Stop when your legs, hips, and back are in a straight line
* Squeeze your glutes at the top
* Slowly and controlled return to the starting position
* Avoid arching your low back
* Keep the hips at the same height, avoid letting the hip with the straight leg dip
* Keep the core engaged!
* Avoid letting your toes or heels lift off the ground throughout

Where you should feel it:

* Glutes! (Butt muscles)
* Core
* Quads (front of thighs)

Video/pictures:

* <https://www.instagram.com/reel/C62MpL8A71C/?igsh=NTc4MTIwNjQ2YQ==>

**3. Sit to Stand** 🎥

Goal:

* Reduce low back/hip pain
* Improve sit to stand movement pattern
* Improve squat movement

Cues:

* Start in a seated position
* Sit up nice and tall
* Knees bent slightly more than 90 degrees
* Feet on the ground comfortably apart
* Slightly pull your shoulders down toward your hips to engage your lats
* Brace your core
* Spine relatively neutral
* Hands on your thighs
* Slide your hands down your thighs as you lean your upper body forward
* Shift your weight from your butt to your feet on the ground
* Press your feet down into the ground
* Squeeze your glutes and press your hips forward as you stand
* Repeat in reverse
* Stand up nice and tall
* Engage your lats
* Brace your core
* Hands on your upper thighs
* Push your hips back
* Slide your hands down your knees
* When you reach the end of your hips going back, bend your knees
* Sit down slow and controlled
* Repeat for reps
* Try to maintain a neutral spine
* Avoid over arching your low back

Where your shoulder feel it:

* Quads
* Glutes
* Hips
* Core

Video:

**4. Tall Kneel** 🎥

Goals:

* Improve the hip hinge movement pattern
* Incorporate the glute muscles into the hinge
* Maintain a braced core through a hinge
* Keep a neutral spine through a hinge

Cues:

* Start on your knees
* Knees about shoulder width apart
* Cross your arms in front of your chest
* Slightly pull your shoulders down toward your hips or engage your lats
* Brace your core
* Tuck your pelvis (pull your pubic bone toward your ribs)
* Engage your glutes
* Kneel nice and tall
* Now, push your hips back as your upper body leans forward
* Push your hips back like you are trying to sit on your heels
* Go back as far as you can without arching your low back
* From here, squeeze your glutes and drive your hips forward back into the upright position
* Repeat for reps
* Focus on driving with your glutes
* Keep your lats engaged
* Keep your core engaged
* Avoid over arching your low back

Where your should feel it:

* Glutes
* Core
* Possible stretch in the quads

Video:

**4a. Band Tall Kneel** 🎥

Goals:

* Improve the hip hinge movement pattern
* Incorporate the glute muscles into the hinge
* Maintain a braced core through a hinge
* Keep a neutral spine through a hinge

Cues:

* Start on your knees
* Knees about shoulder width apart
* Place a band around a rack/door/etc.
* Place the band around your waist, over your front hip bones
* Move away to create decent tension on the band
* Cross your arms in front of your chest
* Slightly pull your shoulders down toward your hips or engage your lats
* Brace your core
* Tuck your pelvis (pull your pubic bone toward your ribs)
* Engage your glutes
* Kneel nice and tall
* Now, let the band pull your hips back as your upper body leans forward
* Push your hips back like you are trying to sit on your heels
* Go back as far as you can without arching your low back
* From here, squeeze your glutes and drive your hips forward back into the upright position
* Repeat for reps
* Focus on driving with your glutes
* Keep your lats engaged
* Keep your core engaged
* Avoid over arching your low back

Where your should feel it:

* Glutes
* Core
* Possible stretch in the quads

Video:

**5. RDL’s / Hip Hinge**

Goal:

* Improve the hinge movement
* Strengthen the low back, glutes, and hamstrings
* Maintain a braced core through a hinge
* Keep a neutral spine through a hinge

Cues:

* Start in a standing position
* Upright, neutral spine
* Arms hanging down, grabbing weight (dumbbells or kettlebell)
* Knees bent softly (more bend will bias glutes more, less will bias hamstrings more)
* From here, push your hips back as far as you can
* Weight goes down towards the top of your feet
* Keep the weight close to your legs
* Keep feet planted on the floor
* Knee bend stays the same throughout movement
* Travel down as far as you can without rounding your low back
* From the bottom position, drive your hips forward and bring the weight back up
* Finish in the standing position

Where you should feel it:

* glutes and hamstrings

Video/pictures:

* <https://www.instagram.com/reel/CzH_tb-JpIm/?igsh=NTc4MTIwNjQ2YQ==>
* <https://www.instagram.com/reel/C54peXrRpQu/?igsh=NTc4MTIwNjQ2YQ==>

**5a. Band Standing Hip Hinge** 🎥

Goals:

* Improve the hip hinge movement pattern
* Incorporate the glute muscles into the hinge
* Strengthen Low Back, Glutes, Hamstrings
* Maintain a braced core through a hinge
* Keep a neutral spine through a hinge

Cues:

* Start standing
* Feet about shoulder width apart
* Place a band around a rack/door/etc.
* Place the band around your waist, over your front hip bones
* Move away to create decent tension on the band
* Cross your arms in front of your chest
* Slightly pull your shoulders down toward your hips or engage your lats
* Brace your core
* Tuck your pelvis (pull your pubic bone toward your ribs)
* Engage your glutes
* Stand nice and tall
* Now, let the band pull your hips back as your upper body leans forward
* Push your hips back like you are trying to close a door with your butt behind you
* Go back as far as you can without arching your low back
* From here, squeeze your glutes and drive your hips forward back into the upright position
* Repeat for reps
* Focus on driving with your glutes
* Keep your lats engaged
* Keep your core engaged
* Avoid over arching your low back

Where your should feel it:

* Glutes
* Core
* Possible stretch in the hamstrings

Video:

**5b. Cable RDL** 🎥

Goal:

* Improve the hinge movement
* Strengthen the low back, glutes, and hamstrings
* Maintain a braced core through a hinge
* Keep a neutral spine through a hinge

Cues:

* Start in a standing position facing a low cable machine
* Flat or ez curl attachment
* Grab the bar about shoulder width apart
* Stand Upright, neutral spine
* Arms hanging down and forward, grabbing weight
* Knees bent softly (more bend will bias glutes more, less will bias hamstrings more)
* From here, push your hips back as far as you can
* Weight goes down towards the cable machine
* Keep feet planted on the floor
* Travel down as far as you can without rounding your low back
* From the bottom position, drive your hips forward and bring the weight back up
* Finish in the standing position

Where you should feel it:

* Glutes, hamstrings, core

Video/pictures:

6. Split stance RDL

* <https://www.instagram.com/reel/C54peXrRpQu/?igsh=NTc4MTIwNjQ2YQ==>

6a. Band split stance RDL 🎥

Goals:

* Improve the hip hinge movement pattern
* Incorporate the glute muscles into the hinge
* Maintain a braced core through a hinge
* Keep a neutral spine through a hinge

Cues:

* Start standing
* Feet about shoulder width apart
* Place a band around a rack/door/etc.
* Place the band around your waist, over your front hip bones
* Move away to create decent tension on the band
* Get into an offset stance, working side in front (back foot toes around the opposite heel)
* Cross your arms in front of your chest
* Slightly pull your shoulders down toward your hips or engage your lats
* Brace your core
* Tuck your pelvis (pull your pubic bone toward your ribs)
* Engage your glutes
* Stand nice and tall
* Now, let the band pull your hips back as your upper body leans forward
* Push your hips back like you are trying to close a door with your butt behind you
* Go back as far as you can without arching your low back
* From here, squeeze your glutes and drive your hips forward back into the upright position
* Repeat for reps
* Repeat in opposite split stance
* Focus on driving with your glutes
* Keep your lats engaged
* Keep your core engaged
* Avoid over arching your low back

Where your should feel it:

* Glutes
* Core
* Possible stretch in the hamstrings

Video:

7. Leg swing RDL

**8. Box Squats** 🎥

Goals:

* Strengthen the squat movement
* Strengthen muscles involved (low back, core, glutes, quads, hamstrings)
* Limit range of motion of the squat to reduce pain while healing (range of motion will be increased over time)

Cues:

* Standing position
* In front of a box, bench, chair etc. (anything that will stop you from going all the way down, should be at a height just before you feel pain in a squat)
* Spine in a neutral position, low back flat
* Heels elevated on weight plates or blocks
* Feet about hip width apart
* Barbell across the top of your shoulders
* Lat muscles engaged (shoulders pulled down, elbows tight)
* Core braced
* From here squat straight down (like you are trying to sit your butt on your heels) onto the box
* Then stand straight back up

Where you should feel it:

* core (should remain braced throughout)
* Quads and glutes
* Stretch in the hips, knees, and ankles

Video/pictures:

**9. Heel Elevated Goblet Squat**

Goals:

* Strengthen the squat movement
* Strengthen muscles involved (low back, core, glutes, quads, hamstrings)
* Work on range of motion of lower body (hips, knees, ankles)

Cues:

* Standing position
* Spine in a neutral position, low back flat
* Heels elevated on weight plates or blocks
* Feet about hip width apart
* Hold a weight in front of the chest
* Lat muscles engaged (shoulders pulled down, elbows tight)
* Core braced
* From here squat straight down (like you are trying to sit your butt on your heels)
* Let the knees travel over the toes as far as they can
* Then stand straight back up

Where you should feel it:

* core (should remain braced throughout)
* Quads and glutes
* Stretch in the hips, knees, and ankles

Video/pictures:

* <https://www.instagram.com/reel/CxWrNQLpFqs/?igsh=MzY1NDJmNzMyNQ==>
* <https://www.instagram.com/reel/DGlcsE2v8DO/?igsh=NTc4MTIwNjQ2YQ==>

**10. Weighted Hip Thrusts**

Goal:

* Strengthen the glute muscles
* Work on hip extension
* Engage the core with hip movements

Cues:

* Start with your upper back on a bench or anything that keeps your upper body about the same height as your bent knees
* Bend your knees, feet flat on the ground
* Bring your heels close to your butt, knees bent about 90 degrees (keeps the focus on the hamstrings)
* Barbell lying across your waist, just above your front hip bones. Or a weight laying here.
* Engage your core muscles (slightly pull your rib cage down towards your pelvis)
* Keep this engaged thought the movement
* Tuck your pelvis (pull pelvis up towards rib cage, will engage your glutes)
* From here, press your feet into the ground and lift your hips toward the sky
* Stop when your legs, hips, and back are in a straight line
* Squeeze your glutes at the top
* Slowly and controlled return to the starting position
* Avoid arching your low back
* Keep the core engaged!
* Avoid letting your toes or heels lift off the ground throughout

Where you should feel it:

* Glutes! (Butt muscles)
* Core
* Quads (front of thighs)

Video/pictures:

* <https://www.instagram.com/reel/DHKVl12J6Yn/?igsh=NTc4MTIwNjQ2YQ==>

**11. Quadruped Airplanes**

Goal:

* Strengthen the Glutes and hip muscles
* Improve hip mobility and control

Cues:

* Start on all 4’s
* Arms/hands directly below your shoulders
* Knees directly below your hips
* Spine in a neutral position (low back flat, neck straight)
* Lats engaged, slightly pull your shoulders down towards your hips (create space between your ears and )
* Engage the core all the way around
* From here, lift one knee off the ground and extend that leg straight out and back (in line with your hips and back)
* Now what you you want to do is rotate your body around the hip with the knee planted below it
* Keep your spine neutral and in line, extended leg in line with your upper body
* First, rotate your body as far as you can toward the hip with the planted knee (like you are lifting the opposite side hip/shoulder to the sky
* Then, rotate body as far as you can away from the hip with the planted knee (like you are dropping the opposite side hip/shoulder to the ground)
* Repeat on the other side

Where you should feel it:

* Side of the hips/glutes

Video/pictures:

- <https://www.instagram.com/reel/C6sJbjiP682/?igsh=NTc4MTIwNjQ2YQ==>

**12. Standing Airplanes**

Goal:

* Strengthen the Glutes and hip muscles
* Improve hip mobility and control

Cues:

* Start in a standing position
* Bend forward at the waist and place your hands on a rack, barbell, wall, etc. at about waist height
* Knees/feet directly below your hips
* Spine in a neutral position (low back flat, neck straight)
* Lats engaged, slightly pull your shoulders down towards your hips (create space between your ears and )
* Engage the core all the way around
* From here, lift one leg off the ground and extend that leg straight out and back (in line with your hips and back)
* Now what you you want to do is rotate your body around the hip with the foot planted below it
* Keep your spine neutral and in line, extended leg in line with your upper body
* First, rotate your body as far as you can toward the hip with the planted foot (like you are lifting the opposite side hip/shoulder to the sky
* Then, rotate body as far as you can away from the hip with the planted foot (like you are dropping the opposite side hip/shoulder to the ground)
* Repeat on the other side

Where you should feel it:

* Side of the hips/glutes

Video/pictures:

- <https://www.instagram.com/reel/C6-HoI9pS5E/?igsh=NTc4MTIwNjQ2YQ==>

**13. Heel Elevated Barbell Back Squats**

Goals:

* Strengthen the squat movement
* Strengthen muscles involved (low back, core, glutes, quads, hamstrings)
* Work on range of motion of lower body (hips, knees, ankles)

Cues:

* Standing position
* Spine in a neutral position, low back flat
* Heels elevated on weight plates or blocks
* Feet about hip width apart
* Barbell across the top of your shoulders
* Lat muscles engaged (shoulders pulled down, elbows tight)
* Core braced
* From here squat straight down (like you are trying to sit your butt on your heels)
* Let the knees travel over the toes as far as they can
* Then stand straight back up

Where you should feel it:

* core (should remain braced throughout)
* Quads and glutes
* Stretch in the hips, knees, and ankles

Video/pictures:

- <https://www.instagram.com/reel/CyoGjZtxITg/?igsh=NTc4MTIwNjQ2YQ==>

**14. Isometric Lunge hold**

Goal:

* Strengthen the lower body
* Work on getting into and holding the lunge position

Cues:

* Start in a half kneeling position
* Knee up and in front on the side you will be working more
* Knee on the ground directly below your hip
* Raise your body off the ground so your bottom knee is off the ground, shin parallel with the ground
* Most of your weight should be on your front foot/leg
* Keep your chest up
* Keep your low back flat
* Standing up straighter will put more tension on your quads, leaning more forward will put more tension on your glutes
* Hold this position for time
* Can place your hand on a fixed object to help with balance

Where you should feel it:

* Glutes
* Quads

Video/pictures:

- <https://www.instagram.com/reel/C6ZwbFGyQsN/?igsh=NTc4MTIwNjQ2YQ==>

**15. Forward Lunges**

Goal:

* Strengthen the lower body
* Work on the lunge movement

Cues:

* Start in a standing position
* Arms down by your side holding weights to increase intensity
* Can perform this in place or walking
* Take a big step forward with one leg
* Keep your feet hip width apart
* From here lower your body down until your back leg softly touches the ground
* Both knees should be bent around 90 degrees at the bottom position
* Most of the weight and work should be on the front foot/leg In the bottom position
* Push yourself back up and step your front foot back in line with the back foot
* Switch legs and repeat
* Doing this in a more upright post on will put more tension on the quads, leaning forward will put more tension on the glutes
* Either way keep the low back flat

Where you should feel it:

* Glutes
* Quads

Video/pictures:

* <https://www.instagram.com/reel/C7SuhRXPDzW/?igsh=NTc4MTIwNjQ2YQ==>
* <https://www.instagram.com/reel/C7As_8Cx7JH/?igsh=NTc4MTIwNjQ2YQ==>

**15a. Reverse Lunge**

Video:

* <https://www.instagram.com/reel/C7As_8Cx7JH/?igsh=NTc4MTIwNjQ2YQ==>

**16. Heel Elevated Lunges**

Goal:

* Strengthen the lower body
* Work on the lunge movement

Cues:

* Start in a half kneeling position
* Knee up and in front on the side you will be working more
* Place a block or weight under your front heel (this will increase ankle mobility and place more tension on the quads)
* Back Knee on the ground directly below your hip
* From here, press your front foot into the ground and stand up in the split stance
* Then lower yourself back down until your back knee lightly touches the ground and repeat
* Most of your weight should be on your front foot/leg in the bottom position
* Keep your chest up
* Keep your low back flat
* Standing up straighter will put more tension on your quads, leaning more forward will put more tension on your glutes

Where you should feel it:

* Glutes
* Quads

Video/pictures:

- <https://www.instagram.com/reel/C6upt1bSGdx/?igsh=NTc4MTIwNjQ2YQ==>

**17. Bulgarian Split Squats**

Goal:

- Strengthen the quads and glutes

Cues:

* Start in a standing position
* In front of a bench, rack, etc. to place your back foot on
* Object should be about knee height, so when you place your foot on it while standing your knee ones not bend passed 90 degrees
* Place your back foot up on the object behind you
* Sit back on that foot/heel and straighten your other leg out in front
* Then stand
* Most of the weight should be on your front foot/leg
* From here, lower your body straight down until your front knee is bent to 90 degrees
* From here stand back up and repeat
* Keep the movement slo and controlled
* Avoid arching your low back
* Keep the core engaged throughout
* You can grab on to a stationary object with both hands to add stability
* You can grab a stationary object with your hand on the same side with the leg forward and a weight with the other to add resistance
* Or you can grab a weight in each hand to increase resistance

Where you should feel it:

* Glutes
* Quads

Video/pictures:

* <https://www.instagram.com/reel/C70R-PZygnO/?igsh=NTc4MTIwNjQ2YQ==>

**18. Lateral Lunges**

Goal:

* Strengthen the lower body with lateral movement
* Strengthen the hip adductor muscles (groin)

Cues:

* Start in a standing position
* holding weight in your hands if necessary
* Take a big step out to the side with one leg
* Lunge to that side, hinge at the hip and bend at the knee
* Try to get your thigh parallel with the ground and stand back up
* Repeat to the other side
* Avoid rounding or arching the low back

Where you should feel it:

* Glutes
* Quads

Video/pictures:

- <https://www.instagram.com/reel/C7iLVGWvYHe/?igsh=NTc4MTIwNjQ2YQ==>

**19. Step Ups**🎥

Goal:

* Strengthen the glutes and quads
* Work on the stopping up movement

Cues:

* Find a step, box, bench, etc to step up on
* The higher it is the more challenging it will be (good to start lower and work your way up)
* Step onto this with one foot
* From here, lean your body weight forward on to the front leg
* Press the front foot down and lift yourself up onto the box and stand straight up
* Try to only use the front leg, don’t push off with the back leg
* Repeat the same motion down, then switch legs and repeat

Where you should feel it:

* Glutes
* Quads

Video/pictures:

**20. Step Downs**🎥

Goal:

* Strengthen the lower body
* Improve knee and ankle mobility

Cues:

* Stand on top of a box, bench, step, bumper plate, etc.
* The higher it is the harder it will be
* Instead of fully stepping down for this, it will be a heel tap
* Pick one foot of the ground and hold it in front of you, hanging off whatever you are tying on
* Bend the knee on the planted leg and slowly lower yourself down until your heel touches the ground in front of you, then stand back up
* Keep the motion slow and controlled
* Raise the object you are standing on as it get easier

Where you should feel it:

* Mostly in the quads
* Possibly a little in the glutes and calves/ankles

Video/pictures:

**21. Lateral Step Downs**🎥

Goal:

* Strengthen the lower body
* Improve knee and ankle mobility

Cues:

* Stand on top of a box, bench, step, bumper plate, etc.
* The higher it is the harder it will be
* Instead of fully stepping down for this, it will be a heel tap
* Pick one foot of the ground and hold it out to the side of you, hanging off whatever you are tying on
* Bend the knee on the planted leg and slowly lower yourself down until your heel touches the ground straight below you, then stand back up
* Keep the motion slow and controlled
* Raise the object you are standing on as it get easier

Where you should feel it:

* Mostly in the quads
* Possibly a little in the glutes and calves/ankles

Video/pictures:

**22. Cable Zercher Squat Iso Hold** 🎥

Goal:

* Reduce Low Back/Hip Pain with squatting
* Engage core through a squat
* Change squat pattern & load

Cues:

* Start with a straight or ez curl bar attachment
* Place the bar in the crease of your elbows and squeeze it there
* Slightly pull your shoulders back and down to engage your lats
* Brace your core
* Pick the weight up
* Feet comfortably apart
* Squat down
* Hold for time
* Focus on keeping your lats and core engaged throughout
* Remember to breathe
* Try to maintain an upright torso throughout
* Let your knees travel over your toes

Where you should feel it:

* Quads
* Glutes
* Core
* Lats

Video:

**23. Barbell Zercher Squat**🎥

Goal:

* Reduce Low Back/Hip Pain with squatting
* Engage core through a squat
* Change squat pattern & load

Cues:

* Start with a barbell just below elbow height
* Place the bar in the crease of your elbows and squeeze It there
* Slightly pull your shoulders back and down to engage your lats
* Brace your core
* Pick the weight up
* Feet comfortably apart
* Squat
* Repeat for reps
* Focus on keeping your lats and core engaged throughout
* Remember to breathe
* Try to maintain an upright torso throughout
* Let your knees travel over your toes

Where you should feel it:

* Quads
* Glutes
* Core
* Lats

Video:

**24. Barbell Heel Elevated Zercher Squat**🎥

Goal:

* Reduce Low Back/Hip Pain with squatting
* Engage core through a squat
* Change squat pattern & load

Cues:

* Start with a barbell just below elbow height
* Place the bar in the crease of your elbows and squeeze It there
* Slightly pull your shoulders back and down to engage your lats
* Brace your core
* Pick the weight up
* Feet comfortably apart
* Heels up on a block, wedge, weights, etc.
* Squat
* Let your knees travel over your toes as far as they can
* Maintain an upright position
* Repeat for reps
* Focus on keeping your lats and core engaged throughout
* Remember to breathe
* Try to maintain an upright torso throughout
* Let your knees travel over your toes

Where you should feel it:

* Quads
* Glutes
* Core
* Lats

Video:

**25. Cable Zercher Squat**🎥

Goal:

* Reduce Low Back/Hip Pain with squatting
* Engage core through a squat
* Change squat pattern & load

Cues:

* Start with a straight or ez curl bar attachment
* Place the bar in the crease of your elbows and squeeze it there
* Slightly pull your shoulders back and down to engage your lats
* Brace your core
* Pick the weight up
* Feet comfortably apart
* Squat
* Repeat for reps
* Focus on keeping your lats and core engaged throughout
* Remember to breathe
* Try to maintain an upright torso throughout
* Let your knees travel over your toes

Where you should feel it:

* Quads
* Glutes
* Core
* Lats

Video:

**26. Cable Heel Elevated Zercher Squat**🎥

Goal:

* Reduce Low Back/Hip Pain with squatting
* Engage core through a squat
* Change squat pattern & load

Cues:

* Start with a straight or ez curl bar attachment
* Place the bar in the crease of your elbows and squeeze It there
* Slightly pull your shoulders back and down to engage your lats
* Brace your core
* Pick the weight up
* Feet comfortably apart
* Heels up on a block, wedge, weights, etc.
* Squat
* Let your knees travel over your toes as far as they can
* Maintain an upright position
* Repeat for reps
* Focus on keeping your lats and core engaged throughout
* Remember to breathe
* Try to maintain an upright torso throughout
* Let your knees travel over your toes

Where you should feel it:

* Quads
* Glutes
* Core
* Lats

Video:

**TRX Squat**

Goal:

Cues:

Where you should feel it:

Video/pictures:

* <https://www.instagram.com/reel/C3WnS0aOndf/?igsh=NTc4MTIwNjQ2YQ==>

**TRX Lunge**

Goal:

Cues:

Where you should feel it:

Video/pictures:

* <https://www.instagram.com/reel/C3Y97qQpPu1/?igsh=NTc4MTIwNjQ2YQ==>