

## Glute Power Sculpt

### Standing Assessment:

- Sagittal: Top thighs back and forth, feel the weight transfer of the feet.
- Find a balance of both front and back working

### Quadruped

- Rocking- tug of war between top thighs and crown of head
- Pelvic tilt with top thighs staying back
  - Feel the difference between tucking and rounding with length
- Wag tail

Supine Rocking (like Footwork on Reformer)- Bow and arrow balance of powerhouse and back of legs

Hundred

Half Roll Back- isometric activation of hamstrings (hands and hamstrings push into e/o)

Roll Up- use hands if needed

Rollover (Lead with thighs)

Single Leg Circle- think about base leg hamstring more.

Rolling like a ball- hands behind thighs, thighs pushing forward

Ab series

- Hands behind hamstrings

Spine Stretch Forward

- push top thighs down even if knees are bent

Open Leg Rocker Prep

- plug into extend

Open Leg Rocker

Corkscrew

Saw

- press down through the sits bones even if your hip lifts off

Down Stretch- Quadruped Rocking Combo

Single Leg Kick- Feel the connection from sits bones to heel.

Double Leg Kick- Feel the connection from sits bones to heel.

Shoulder Bridge Prep- Reach one knee forward at a time to lengthen front hips

Shoulder Bridge

Shoulder Bridge w/ kicks

### Side Kicks-

- Bend top knee into chest to set up bottom leg
- Front /back
- Up/down
- Circles
- Passe- Keep bottom thigh long
- Bicycle-
- Inner thigh lifts (both legs straight)

Teaser starting from seated position

Hip Circles on forearms

Side Bend

- modified with one knee bent (1x)
- Feet staggered (1x)
- Feet stacked (1x)

Push Ups

Down Dog to Plank (lead with top thighs and crown of head)

- Hinge
- Articulate

Elephant Walk Forward