

# THE **big five**

MANDATORY EXERCISES  
(3X/WEEK, 20 REPS EACH EXERCISE)

1



**GLUTE BRIDGE**

- Lay down on your back with your knees bent and your feet flat on the ground. Your feet should be hip-width apart with your toes pointed straight ahead, and your heels should be tucked in tight to your glutes. Place your arms by your sides, relaxing your shoulders.
- Squeeze your glutes and your abs as you start to lift your hips toward the ceiling.
- Raise your hips as high as you can go without arching your back. The goal is to raise your hips until your body is in a straight line from your knee to your hip and to your shoulder.
- Squeeze the glutes as tightly as you can in the top position while you hold for two seconds.
- Slowly lower the hips down to the floor, keeping tension in the glutes and abs as you lower down.
- Repeat for desired reps.

2



**FIGURE FOUR REVERSE CRUNCH**

- Lie on your back with your feet flat on the floor.
- Cross your right ankle over your left knee and keep your right foot flexed.
- Bring your left knee toward your chest. Reach your right hand through your legs and interlace your fingers just below the crease of your left knee.
- Using your arms, pull your left knee toward your chest, pausing when you feel a stretch in your right glute and hip.
- Hold there for at least two breaths, then release and allow your foot to slowly fall back to the floor, continue for desired reps.
- Repeat on other side.

## IMPORTANT REMINDERS:

- breathe deeply through each repetition
- maintain slow movement patterns
- focus on being “smooth” through each exercise

3



**BANDED LEG LIFTS**

- Lie on your back with one knee bent and foot flat on the floor with your opposite leg extended towards the ceiling.
- Start by looping one end of a resistance band (or towel) around your extended foot, then pull band in towards your chest to create tension.
- Push heel towards the floor.
- Use the band to pull your leg off the floor while keeping the knee straight.
- As you near the top, separate the band around your face to create a “face pull”.
- Hold this position for 4 seconds before repeating for desired reps.
- Repeat on other side.

4



**BIRD DOG**

- Kneel on an exercise mat or other cushioned surface with your knees hip-width apart and hands firmly on the ground, about shoulder-width apart. Brace your abdominals.
- Point one arm out straight in front (thumb up) and extend the opposite leg behind you, forming a straight line from your extended hand to your extended foot. Keep your hips squared to the ground.
  - *\*To increase hamstring and glute activation, bend your extended leg and point your toe towards the ceiling.*
- Hold for a few seconds, then return to your hands and knees. Keep your abs engaged throughout the entire exercise and work to minimize any extra motion in your hips during the weight shift.
- Alternate to other side for desired reps.

5



**DYNAMIC CHILD POSE**

- Start in quadruped position kneeling on all fours.
- Move your hips/glutes backwards and let them sink onto your heels.
- At the same time, reach your hands forwards so that your spine is lengthening in two directions.
- Stay in the pose for several long breaths or as long as you like to restore. Breathe fully into your belly and your chest.
- Inhale to lift yourself up out of the pose either back into quadruped or moving through a modified cobra or full cobra position.
- Repeat dynamic movement for desired reps.

**FULL COBRA**

