3 STEP-BACK / SUPPORTED LUNGE

1–2 sets of 8 reps per leg

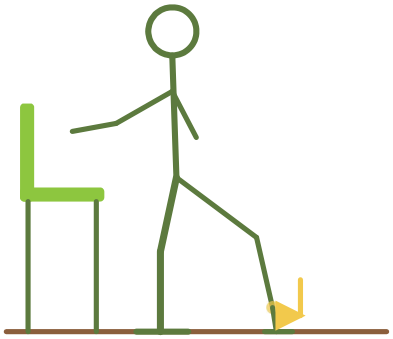
Rest: 30–60 sec

Hold onto a chair back or wall for balance.

Take a controlled step backward with one leg, lowering back knee toward floor, front knee over ankle.

Push through front heel to step back to start.

💡 **Form Tip:** Keep your front shin vertical — knee stacks directly over your ankle, not past your toes.



Side Profile View

5 BIRD DOG

1–2 sets of reps per si

Rest: 30–60

Start on a fours, har under shoulders knees un hips.

Simultan extend ri arm strai forward a left leg st back unti parallel to

Keep hips square ar core enga hold, ther return an switch sid

💡 **Form T** Imagine balancing glass of wa on your lo back — ke hips perfe level.

#	Exerci
1	Bodyw Sit-to-S
2	Wall or Up

4 GLUTE BRIDGE

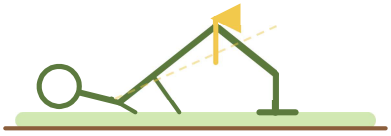
1–2 sets of 8–12 reps

Rest: 30–60 sec

Lie flat on your back, knees bent, feet flat, hands by sides.

Press through heels and squeeze glutes to lift hips until body forms a straight line from knees to shoulders.

Pause at top, then lower with control.



Side Profile View

💡 **Form Tip:** Drive through your heels — you should feel this in your glutes, not your lower back.

#	Exerci
3	Step-B Lunge
4	Glute B
5	Bird D

Rest
as you
the ra
Progr