



Glute Garage WOD Sample

Segment 1 – Preparation

Foam roll and stretch: Hip flexor, quad, adductor and lat
Activate: Floor bridges, side lying hip abduction, kneeling hip extensions and lateral lunges

Segment 2 – Core, Power and Reactive

Plank with glute activation	3 x 30 sec
Cable squat to row	3 x 15
Squat jumps	3 x 10

Segment 3 – Main workout

Barbell squats	3 x 10
Cable hip extensions	3 x 10 each leg
Barbell hip thrusters	3 x 15
Deep squats with heels elevated	3 x 15
Supine band hip abduction (band above knee)	3 x 15