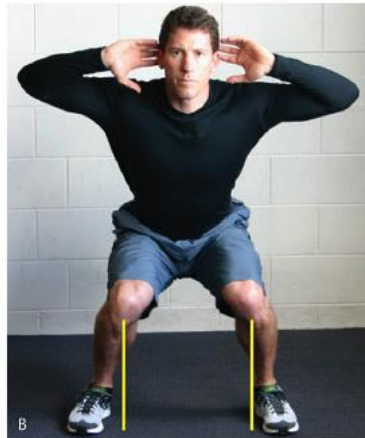
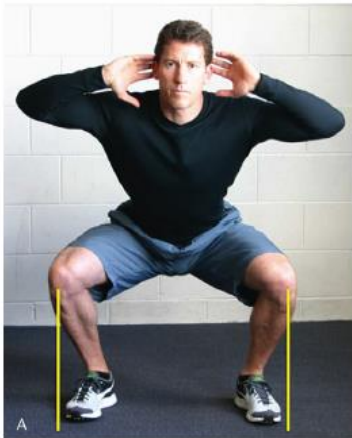
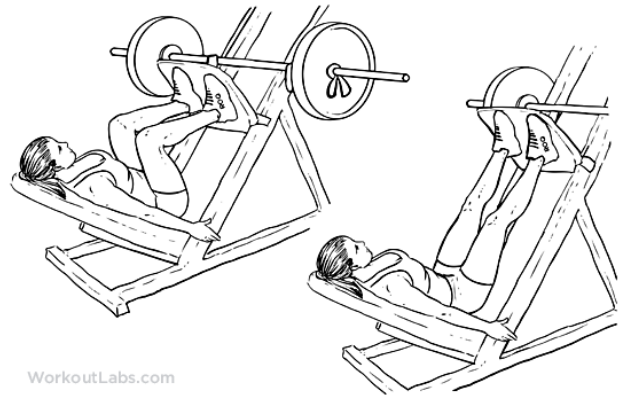


Squats & Step Ups



1. Make sure when squatting & lunging your knees stay over your toes.
2. Your hip hinges backwards to the point you feel a bit of stretch in your gluteals/hamstrings.
3. Aim to ideally load through your heel.



Step Ups

1. Make sure your knees stay over your toes
2. Aim to ideally load through your heel.
3. Sometimes using a band to pull the knee medially can help engage gluteals better.

