

<b>Workout Type</b>	Hip Circuit
<b>Time</b>	15-20 mins
<b>Equipment</b>	None
<b>Rounds</b>	1-2

<b>Exercise</b>	<b>Reps</b>	<b>Instructions</b>	
Twisted Warrior	10 reps each side	Twist trunk not just arms and hold for count of 1, Repeat with opposite arm. This is one rep.	
Butt Scoots	20 forward 20 back	Sit upright at 90-degree angle, clasp hands and hold them out in front of you. Keep upper body still and hike the hip and twist it forward. Then hike and twist opposite hip	
Pigeon Hip Extensions	10 each side	Move into the pigeon position with the front leg under and across the body. Extend the back leg keeping the glute engaged.  As you raise and lower the back leg keep the glute engaged	

Glute Rainbow	10 each side	<p>Keep a nice stable bridge with fingers pointing out and thumbs forward.          Raise one leg at 90 degrees, then twist outwards, then inwards, this is one rep.</p>	
Standing Hip Circles	5 each side	<p>Raise one leg to 90 degrees, then twist out to the side. Keeping the knee in the same height, twist your foot behind you, then push the sole of the foot towards the back wall.          Return to the starting position.</p>	
Tippy Twist	8 reps each leg	<p>Hands on hips and balance on one leg.          Bend forward keeping a neutral spine and extend the leg behind.          Twist hips in towards the floor then outwards to the ceiling          Return to upright position.</p>	
Burpees	10 reps	<p>Ensure you are upright and not leaning forward when you jump up.</p>	

Frog Bridge	25 reps	<p>Lie on your back with legs bent at approx 90 degrees with the soles of the feet together.          Clasp hand and extend arms to the ceiling.          Press hips as high as possible without arching the back to engage the glute max.</p>	
Lateral Hurdle Hop	20 hops	Hop sideways from one foot to the other. Try to look forward to remain upright	