



GMVA 2020 Pilates & Strength Program 2

Warm Up:

- A few minutes of movement

Program:

Prone alternating slow foot lift to with minimal hip movement
10 each foot alternating

On back, 90 degrees in hips and knees, double leg press
15-20 reps

Prone side T, elbow to elbow
10-15 each side

1 leg glute bridge hold, other leg doing leg lowers
12-15 each leg

Prone alternate knee to elbow, slow
20-30 rep

Warm Down:

- GMVA warm down exercises
- Trigger point work through glutes and hips with the Point of Relief

