



ACTIVATION WORKOUT

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The activation exercises are critical to long term success, even when you want to just get into the real training as soon as possible. Prevention of injuries and ability to properly activate your muscles is going to be key in making sure your muscles are getting the best workout effect during your training days.

The activation workouts are to be done on Mondays and Wednesdays. I usually separate these from my regular training workout. Best time to do these is before your full workout. However, each person will find these useful in different sequences. Some love using these as afterburn exercises. They find that they get the best activation by doing these at the end of the day, especially after their muscles have gotten a great workout effect. Others like to use these before their workouts so that their muscles are properly warmed up and ready to engage in a difficult program.

Experiment when to do these and you'll find the best fit for yourself. You'll find the activation exercises in the Glute Video section.

ACTIVATION EXERCISES

MONDAY / WEDNESDAY

FROG HOPS WITH PULSE PAUSE

5 Sets of about 25 yards each

LONG STRIDE WALKING LUNGES

5 SETS

SUPERSET WITH 10 VERTICAL JUMPS

LOW DUCK WALKS

5 SETS

SUPERSET WITH 10 STANDING HIGH KICKS WITH EACH LEG

NARROW TO LATERL BAND WALKS

5 SETS