



Iso Activation Progressions

Day 2

IA.1	IA.2
Iso Knee Raise (wall)	Iso Glute/Ham Thrust
Iso Knee Raise Extended (wall)	Iso Glute/Ham Thrust (swiss ball)
Iso Knee Raise Extended with Wall Press	Weighted Iso Glute/Ham Thrust
Hip Load March	Single Leg Iso Thrust
Hip Load March with Dowel Rod	Single Leg Iso Thrust (swiss ball)
Hip Load March with Barbell	Single Leg Leg Curl on Swiss Ball
Weighted Hip Load March	Reverse Hyperextension Holds

Day 4

IA.3	IA.4
Iso Barrier Knee Raise	3 Way Glute Activation
Iso Barrier Knee Raise Extended	3 Way Glute Activation w Band
Banded Iso Knee Raise	Banded Iso Glute/Ham
Banded Knee Raise	Banded Glute/Ham Raise
Cable Knee Raise	Cable Glute/Ham Pulls
Iso Band Knee Raise from Plank	Iso Band Glute/Ham from Plank
Band Knee Raise from Plank	Band Glute Raise from Plank