

Muscle Activation Warmup

Glute Bridge (10 reps)

90/90 Stretch (both sides)

Bird Dogs (5 reps each side)

Squat Hold with Thoracic Rotations

External Shoulder Rotations (10 reps)

Lateral Pull-aparts (10 reps)

Cheerleaders (10 reps)



THE SWEATY EQUESTRIAN