

MAP Lower Body Hyp Development Programme

Set	Session 1	Working Sets	Notes
A1	Banded Hip Thrust	3 x 10 + 10sec Iso	Hold and contract for 10seconds on final rep of set
B1	Sumo Deadlift	4 x 6-8	Have 2-3 W/Up sets
B2	Banded Clam Shell	4 x 10e	
C1	Walking Lunges	4 x 10e (20)	
D1	Nordic Curl	3 x 5-8	

Set	Session 2	Working Sets	Notes
A1	Single Leg Glute Bridge	4 x 12	Foot on bench
B1	Landmine SL RDL	4 x 8e	
B2	DUAL KB Sumo Deadlift	4 x 10	
C2	Banded Reverse Hyper (using box)	3 x 10	Get to parallel (think glutes NOT back)
D1	Bulgarian Split Squat	3 x 9(9) 6(6) 3(3)	9 Hold for 9s 6 Hold for 6s 3 Hold for 3s

*The goal is move the weight with control, each time you repeat the session aim to gradually increase volume (more load, reps or sets)