

Day 1 Barbell glute bridge: 3 sets, 20 reps	Day 2 SL hip thrust 2 sec pause at top: 3 sets, max reps	Day 3 Barbell hip thrust: pyramid 10/6/4/20	Day 4 Hip thrust march: 2 sets, max reps	Day 5 Barbell glute bridge: 1 set, max reps with 45lb barbell	Day 6 SL hip thrust isohold: 2 sets, max time	Day 7 Barbell hip thrust: 3 sets, 8 reps
Day 8 SL hip thrust 3 sec pause at top: 3 sets, max reps	Day 9 Barbell hip thrust: 1 set, max reps with 45lb barbell	Day 10 Hip thrust march: 2 sets, max reps	Day 11 Barbell glute bridge: 2 sets, max rep with 95lbs	Day 12 SL hip thrust isohold: 2 sets, max time	Day 13 Barbell glute bridge: 3 sets, 20 reps *use 20lb more than day 1	Day 14 SL hip thrust 5 sec pause at top: 3 sets, max reps
Day 15 Barbell hip thrust: 3 sets, 8 reps *use 20lbs more than day 7	Day 16 Hip thrust march: 3 sets, max reps	Day 17 Barbell hip thrust: pyramid 10/6/4/20	Day 18 SL hip thrust isohold: 2 sets, max time	Day 19 Barbell glute bridge: 3 sets, 20 reps *use 40lbs more than day 1	Day 20 SL hip thrust 5 sec pause at top: 3 sets, max reps	Day 21 Barbell hip thrust: 3 sets, 8 reps *use 40lbs more than day 1
Day 22 Hip thrust march: 3 sets, max reps	Day 23 Barbell hip thrust: 2 sets, max reps with 95lb barbell	Day 24 SL hip thrust isohold: 3 sets, max time	Day 25 Barbell glute bridge: 3 sets, 20 reps *use 60lbs more than day 1	Day 26 SL hip thrust 5 sec pause at top: 3 sets, max reps	Day 27 Barbell hip thrust: 3 sets, 8 reps *use 60lbs more than day 7	Day 28 Hip thrust march : 3 sets, max reps
Day 29 Barbell hip thrust: pyramid 10/6/4/20	Day 30 SL hip thrust isohold: 3 sets, max time	<h1>30-Day Thrusting Challenge</h1>				

