

SUNDEE FUNDEE STRENGTH SERIES

8-Week Glutes, Core & Conditioning Plan

A lower-body-emphasis block with different weekly workouts, glute-focused stimulus notes, substitution options, and printable set logs.

8

WEEKS

4

DAYS / WEEK

45

MINUTES / DAY

2:1

LOWER BIAS

Use it in the gym. Print this plan, check off each workout, write down your actual sets, then log the session in Sundee Fundee to adapt the next one around cycle phase, recovery, energy, and soreness.

GENERATED FOR SHARING
sundeefundee.com

START
FREE

Eight-Week Flow

GLUTES + CORE

How To Use The Print Log

- This block repeats glute patterns from different angles: thrust, hinge, squat/lunge, abduction, carry, and conditioning.
- Weeks 1-2 establish technique. Weeks 3-4 add volume. Weeks 5-6 add load and density. Week 7 is the strongest week. Week 8 deloads.
- Keep conditioning short. It should support glute and core work, not turn every session into a maximal cardio test.

45-Minute Session Flow

- 5 min warm-up: raise temperature and rehearse the pattern.
- 30 min strength: log each set in the blank boxes.
- 6 min finisher: conditioning, carry, or easy intervals.
- 4 min cool-down: breathing and target-area mobility.
- After training: enter actual sets in Sundee Fundee.

Why Log It In The App?

The PDF is your field notebook. Sundee Fundee is your training record: it tracks progress, remembers loads, and can adjust the next workout around recovery, cycle phase, energy, soreness, and schedule changes.

Week 1: Glute Skill

GLUTES + CORE

Weekly Stimulus

Learn positions and find pain-free ranges.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Glute Strength	Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: glute skill.
Day 2	Upper Body + Core	Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: glute skill.
Day 3	Glute Volume + Unilateral Legs	Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: glute skill.
Day 4	Full Body + Conditioning	Full-body strength with short conditioning that does not bury recovery. This week's emphasis: glute skill.

Progression

Add reps first. Add load only after all logged sets are clean.

Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

App Loop

Log the paper notes later so Sundee Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

Week 1 Day 1: Glute Strength

45 MIN

Stimulus

Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: glute skill.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + squat-to-stand + ankle rocks	5 min					Ramp gradually.
<input type="checkbox"/>	A	Barbell hip thrust	4 x 6-10					Pause 1 sec at lockout.
<input type="checkbox"/>	B	Romanian deadlift	3 x 8-10					Hamstrings load, glutes finish.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Incline walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 1 Day 2: Upper Body + Core

45 MIN

Stimulus

Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: glute skill.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Row or bike + shoulder circles + light rows	5 min					Ramp gradually.
<input type="checkbox"/>	A	DB bench press	3 x 8-10					Floor press if no bench.
<input type="checkbox"/>	B	Lat pulldown or row	3 x 8-12					Balance pressing volume.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Farmer carry	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 1 Day 3: Glute Volume + Unilateral Legs

45 MIN

Stimulus

Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: glute skill.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + lateral steps + glute bridges	5 min					Ramp gradually.
<input type="checkbox"/>	A	Bulgarian split squat	3 x 8/side					Slight forward torso is okay.
<input type="checkbox"/>	B	Cable or band abduction	3 x 15/side					No swinging.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Bike intervals	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

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LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 1 Day 4: Full Body + Conditioning

45 MIN

Stimulus

Full-body strength with short conditioning that does not bury recovery. This week's emphasis: glute skill.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill + thoracic rotations	5 min					Ramp gradually.
<input type="checkbox"/>	A	Trap bar deadlift	3 x 6-8					DB deadlift if needed.
<input type="checkbox"/>	B	Pallof press	3 x 10/side					Resist rotation.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Zone 2 walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

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Week 2: Bridge And Hinge

GLUTES + CORE

Weekly Stimulus

Add reps while keeping low back quiet.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Glute Strength	Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: bridge and hinge.
Day 2	Upper Body + Core	Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: bridge and hinge.
Day 3	Glute Volume + Unilateral Legs	Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: bridge and hinge.
Day 4	Full Body + Conditioning	Full-body strength with short conditioning that does not bury recovery. This week's emphasis: bridge and hinge.

Progression

Add reps first. Add load only after all logged sets are clean.

Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

App Loop

Log the paper notes later so Sundeel Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

Week 2 Day 1: Glute Strength

45 MIN

Stimulus

Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: bridge and hinge.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + squat-to-stand + ankle rocks	5 min					Ramp gradually.
<input type="checkbox"/>	A	DB hip thrust	4 x 8-12					Bench or floor setup.
<input type="checkbox"/>	B	Romanian deadlift	3 x 8-10					Hamstrings load, glutes finish.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Step-up intervals	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

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LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 2 Day 2: Upper Body + Core

45 MIN

Stimulus

Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: bridge and hinge.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Row or bike + shoulder circles + light rows	5 min					Ramp gradually.
<input type="checkbox"/>	A	Half-kneeling press	3 x 8/side					Core tight.
<input type="checkbox"/>	B	Lat pulldown or row	3 x 8-12					Balance pressing volume.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Suitcase carry	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

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LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 2 Day 3: Glute Volume + Unilateral Legs

45 MIN

Stimulus

Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: bridge and hinge.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + lateral steps + glute bridges	5 min					Ramp gradually.
<input type="checkbox"/>	A	Reverse lunge	3 x 10/side					Step back softly.
<input type="checkbox"/>	B	Cable or band abduction	3 x 15/side					No swinging.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Incline walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 2 Day 4: Full Body + Conditioning

45 MIN

Stimulus

Full-body strength with short conditioning that does not bury recovery. This week's emphasis: bridge and hinge.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill + thoracic rotations	5 min					Ramp gradually.
<input type="checkbox"/>	A	Leg press	3 x 10					Glute-biased stance.
<input type="checkbox"/>	B	Pallof press	3 x 10/side					Resist rotation.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Easy bike	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 3: Single-Leg Volume

GLUTES + CORE

Weekly Stimulus

More unilateral work for hips and pelvis control.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Glute Strength	Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: single-leg volume.
Day 2	Upper Body + Core	Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: single-leg volume.
Day 3	Glute Volume + Unilateral Legs	Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: single-leg volume.
Day 4	Full Body + Conditioning	Full-body strength with short conditioning that does not bury recovery. This week's emphasis: single-leg volume.

Progression

Add reps first. Add load only after all logged sets are clean.

Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

App Loop

Log the paper notes later so Sundee Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

Week 3 Day 1: Glute Strength

45 MIN

Stimulus

Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: single-leg volume.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + squat-to-stand + ankle rocks	5 min					Ramp gradually.
<input type="checkbox"/>	A	Machine hip thrust	4 x 8					Add load if form is stable.
<input type="checkbox"/>	B	Romanian deadlift	3 x 8-10					Hamstrings load, glutes finish.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Sled push or bike	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 3 Day 2: Upper Body + Core

45 MIN

Stimulus

Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: single-leg volume.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Row or bike + shoulder circles + light rows	5 min					Ramp gradually.
<input type="checkbox"/>	A	Incline push-up	3 x 10					Hands elevated as needed.
<input type="checkbox"/>	B	Lat pulldown or row	3 x 8-12					Balance pressing volume.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Carry intervals	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 3 Day 3: Glute Volume + Unilateral Legs

45 MIN

Stimulus

Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: single-leg volume.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + lateral steps + glute bridges	5 min					Ramp gradually.
<input type="checkbox"/>	A	Step-up	4 x 8/side					Drive through full foot.
<input type="checkbox"/>	B	Cable or band abduction	3 x 15/side					No swinging.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Walking lunge intervals	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 3 Day 4: Full Body + Conditioning

45 MIN

Stimulus

Full-body strength with short conditioning that does not bury recovery. This week's emphasis: single-leg volume.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill + thoracic rotations	5 min					Ramp gradually.
<input type="checkbox"/>	A	Kettlebell deadlift	4 x 8					Hips back.
<input type="checkbox"/>	B	Pallof press	3 x 10/side					Resist rotation.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Zone 2 walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 4: Abduction And Core

GLUTES + CORE

Weekly Stimulus

Add lateral glute work and anti-rotation volume.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Glute Strength	Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: abduction and core.
Day 2	Upper Body + Core	Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: abduction and core.
Day 3	Glute Volume + Unilateral Legs	Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: abduction and core.
Day 4	Full Body + Conditioning	Full-body strength with short conditioning that does not bury recovery. This week's emphasis: abduction and core.

Progression

Add reps first. Add load only after all logged sets are clean.

Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

App Loop

Log the paper notes later so Sundee Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

Week 4 Day 1: Glute Strength

45 MIN

Stimulus

Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: abduction and core.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + squat-to-stand + ankle rocks	5 min					Ramp gradually.
<input type="checkbox"/>	A	Single-leg hip thrust	3 x 10/side					Use two-leg bridge if needed.
<input type="checkbox"/>	B	Romanian deadlift	3 x 8-10					Hamstrings load, glutes finish.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Incline walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 4 Day 2: Upper Body + Core

45 MIN

Stimulus

Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: abduction and core.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Row or bike + shoulder circles + light rows	5 min					Ramp gradually.
<input type="checkbox"/>	A	Cable chest press	3 x 10					Shoulder-friendly range.
<input type="checkbox"/>	B	Lat pulldown or row	3 x 8-12					Balance pressing volume.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Farmer carry	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 4 Day 3: Glute Volume + Unilateral Legs

45 MIN

Stimulus

Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: abduction and core.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + lateral steps + glute bridges	5 min					Ramp gradually.
<input type="checkbox"/>	A	Single-leg RDL	3 x 8/side					Sub staggered stance.
<input type="checkbox"/>	B	Cable or band abduction	3 x 15/side					No swinging.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Bike intervals	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 4 Day 4: Full Body + Conditioning

45 MIN

Stimulus

Full-body strength with short conditioning that does not bury recovery. This week's emphasis: abduction and core.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill + thoracic rotations	5 min					Ramp gradually.
<input type="checkbox"/>	A	Sled push or bike	6 min					Moderate intervals.
<input type="checkbox"/>	B	Pallof press	3 x 10/side					Resist rotation.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Zone 2 walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 5: Load Emphasis

GLUTES + CORE

Weekly Stimulus

Heavier thrusts and hinges with longer rests.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Glute Strength	Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: load emphasis.
Day 2	Upper Body + Core	Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: load emphasis.
Day 3	Glute Volume + Unilateral Legs	Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: load emphasis.
Day 4	Full Body + Conditioning	Full-body strength with short conditioning that does not bury recovery. This week's emphasis: load emphasis.

Progression

Add reps first. Add load only after all logged sets are clean.

Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

App Loop

Log the paper notes later so Sunde Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

Week 5 Day 1: Glute Strength

45 MIN

Stimulus

Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: load emphasis.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + squat-to-stand + ankle rocks	5 min					Ramp gradually.
<input type="checkbox"/>	A	Heavy hip thrust	5 x 5					Strong week; no grinding.
<input type="checkbox"/>	B	Romanian deadlift	3 x 8-10					Hamstrings load, glutes finish.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Step-up intervals	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 5 Day 2: Upper Body + Core

45 MIN

Stimulus

Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: load emphasis.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Row or bike + shoulder circles + light rows	5 min					Ramp gradually.
<input type="checkbox"/>	A	DB floor press	4 x 8					Heavier upper week.
<input type="checkbox"/>	B	Lat pulldown or row	3 x 8-12					Balance pressing volume.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Suitcase carry	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 5 Day 3: Glute Volume + Unilateral Legs

45 MIN

Stimulus

Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: load emphasis.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + lateral steps + glute bridges	5 min					Ramp gradually.
<input type="checkbox"/>	A	Walking lunge	4 x 10/side					Strong week.
<input type="checkbox"/>	B	Cable or band abduction	3 x 15/side					No swinging.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Incline walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 5 Day 4: Full Body + Conditioning

45 MIN

Stimulus

Full-body strength with short conditioning that does not bury recovery. This week's emphasis: load emphasis.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill + thoracic rotations	5 min					Ramp gradually.
<input type="checkbox"/>	A	DB deadlift	4 x 6					Strong week.
<input type="checkbox"/>	B	Pallof press	3 x 10/side					Resist rotation.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Easy bike	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 6: Density

GLUTES + CORE

Weekly Stimulus

Shorter rests, clean burn, controlled finishers.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Glute Strength	Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: density.
Day 2	Upper Body + Core	Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: density.
Day 3	Glute Volume + Unilateral Legs	Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: density.
Day 4	Full Body + Conditioning	Full-body strength with short conditioning that does not bury recovery. This week's emphasis: density.

Progression

Add reps first. Add load only after all logged sets are clean.

Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

App Loop

Log the paper notes later so Sunde Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

Week 6 Day 1: Glute Strength

45 MIN

Stimulus

Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: density.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + squat-to-stand + ankle rocks	5 min					Ramp gradually.
<input type="checkbox"/>	A	B-stance hip thrust	3 x 8/side					Shift work to front leg.
<input type="checkbox"/>	B	Romanian deadlift	3 x 8-10					Hamstrings load, glutes finish.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Sled push or bike	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 6 Day 2: Upper Body + Core

45 MIN

Stimulus

Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: density.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Row or bike + shoulder circles + light rows	5 min					Ramp gradually.
<input type="checkbox"/>	A	One-arm press	3 x 8/side					Do not lean.
<input type="checkbox"/>	B	Lat pulldown or row	3 x 8-12					Balance pressing volume.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Carry intervals	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 6 Day 3: Glute Volume + Unilateral Legs

45 MIN

Stimulus

Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: density.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + lateral steps + glute bridges	5 min					Ramp gradually.
<input type="checkbox"/>	A	Cable kickback	3 x 12/side					No low-back swing.
<input type="checkbox"/>	B	Cable or band abduction	3 x 15/side					No swinging.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Walking lunge intervals	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 6 Day 4: Full Body + Conditioning

45 MIN

Stimulus

Full-body strength with short conditioning that does not bury recovery. This week's emphasis: density.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill + thoracic rotations	5 min					Ramp gradually.
<input type="checkbox"/>	A	Farmer carry	6 x 40 sec					Tall posture.
<input type="checkbox"/>	B	Pallof press	3 x 10/side					Resist rotation.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Zone 2 walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 7: Strong Week

GLUTES + CORE

Weekly Stimulus

Best loads of the block with no sloppy reps.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Glute Strength	Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: strong week.
Day 2	Upper Body + Core	Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: strong week.
Day 3	Glute Volume + Unilateral Legs	Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: strong week.
Day 4	Full Body + Conditioning	Full-body strength with short conditioning that does not bury recovery. This week's emphasis: strong week.

Progression

Add reps first. Add load only after all logged sets are clean.

Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

App Loop

Log the paper notes later so Sundee Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

Week 7 Day 1: Glute Strength

45 MIN

Stimulus

Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: strong week.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + squat-to-stand + ankle rocks	5 min					Ramp gradually.
<input type="checkbox"/>	A	Hip thrust top-half pulses	3 x 15					Controlled burn.
<input type="checkbox"/>	B	Romanian deadlift	3 x 8-10					Hamstrings load, glutes finish.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Incline walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 7 Day 2: Upper Body + Core

45 MIN

Stimulus

Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: strong week.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Row or bike + shoulder circles + light rows	5 min					Ramp gradually.
<input type="checkbox"/>	A	Push-up	3 x max clean					Stop before sagging.
<input type="checkbox"/>	B	Lat pulldown or row	3 x 8-12					Balance pressing volume.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Farmer carry	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 7 Day 3: Glute Volume + Unilateral Legs

45 MIN

Stimulus

Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: strong week.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + lateral steps + glute bridges	5 min					Ramp gradually.
<input type="checkbox"/>	A	Lateral lunge	3 x 8/side					Sit into hip.
<input type="checkbox"/>	B	Cable or band abduction	3 x 15/side					No swinging.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Bike intervals	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 7 Day 4: Full Body + Conditioning

45 MIN

Stimulus

Full-body strength with short conditioning that does not bury recovery. This week's emphasis: strong week.

Tips

- Pause at peak contraction on thrusts, bridges, and abduction work.
- Let glutes do the work; reduce range if low back takes over.
- Conditioning should support the lift, not drain the next session.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill + thoracic rotations	5 min					Ramp gradually.
<input type="checkbox"/>	A	Incline walk intervals	6 min					Sustainable.
<input type="checkbox"/>	B	Pallof press	3 x 10/side					Resist rotation.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Zone 2 walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 8: Deload

GLUTES + CORE

Weekly Stimulus

Reduce fatigue and record what worked best.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Glute Strength	Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: deload.
Day 2	Upper Body + Core	Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: deload.
Day 3	Glute Volume + Unilateral Legs	Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: deload.
Day 4	Full Body + Conditioning	Full-body strength with short conditioning that does not bury recovery. This week's emphasis: deload.

Progression

Deload: reduce load and leave fresh.

Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

App Loop

Log the paper notes later so Sundeel Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

Week 8 Day 1: Glute Strength

45 MIN

Stimulus

Hip extension strength: thrust, hinge, and heavy glute work. This week's emphasis: deload.

Tips

- Move smoothly and leave at least 3 reps in reserve.
- Cut load before cutting range of motion.
- Finish feeling refreshed, not tested.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + squat-to-stand + ankle rocks	5 min					Ramp gradually.
<input type="checkbox"/>	A	Light glute bridge	2 x 12					Deload squeeze.
<input type="checkbox"/>	B	Romanian deadlift	3 x 8-10					Hamstrings load, glutes finish.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Step-up intervals	6 min					Easy deload pace.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

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Week 8 Day 2: Upper Body + Core

45 MIN

Stimulus

Upper-body balance and trunk stiffness so lower days recover. This week's emphasis: deload.

Tips

- Move smoothly and leave at least 3 reps in reserve.
- Cut load before cutting range of motion.
- Finish feeling refreshed, not tested.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Row or bike + shoulder circles + light rows	5 min					Ramp gradually.
<input type="checkbox"/>	A	Light press	2 x 10					Deload.
<input type="checkbox"/>	B	Lat pulldown or row	3 x 8-12					Balance pressing volume.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Suitcase carry	6 min					Easy deload pace.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

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Week 8 Day 3: Glute Volume + Unilateral Legs

45 MIN

Stimulus

Unilateral glute volume, pelvis control, and abduction work. This week's emphasis: deload.

Tips

- Move smoothly and leave at least 3 reps in reserve.
- Cut load before cutting range of motion.
- Finish feeling refreshed, not tested.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + lateral steps + glute bridges	5 min					Ramp gradually.
<input type="checkbox"/>	A	Supported split squat	2 x 8/side					Deload.
<input type="checkbox"/>	B	Cable or band abduction	3 x 15/side					No swinging.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Incline walk	6 min					Easy deload pace.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

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Week 8 Day 4: Full Body + Conditioning

45 MIN

Stimulus

Full-body strength with short conditioning that does not bury recovery. This week's emphasis: deload.

Tips

- Move smoothly and leave at least 3 reps in reserve.
- Cut load before cutting range of motion.
- Finish feeling refreshed, not tested.

Substitutions

- No barbell: use dumbbell hip thrust, glute bridge, cable pull-through, or leg press.
- Knee irritation: bias hip thrusts, RDLs, bridges, and shorter-range split squats.
- Low-back irritation: use machine hip thrust, supported split squat, or cable work.
- No cable or band: use side-lying abduction, frog pumps, or lateral step-ups.
- Need variety: change stance, tempo, pause length, or unilateral/bilateral setup.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill + thoracic rotations	5 min					Ramp gradually.
<input type="checkbox"/>	A	Easy bike	6 min					Deload pace.
<input type="checkbox"/>	B	Pallof press	3 x 10/side					Resist rotation.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Easy bike	6 min					Easy deload pace.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.