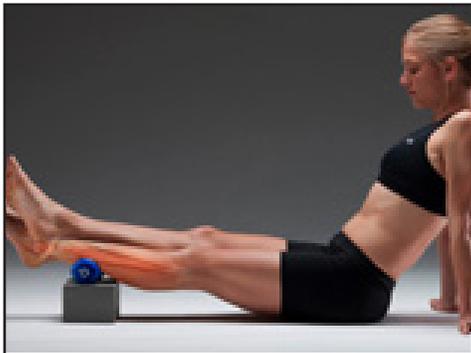
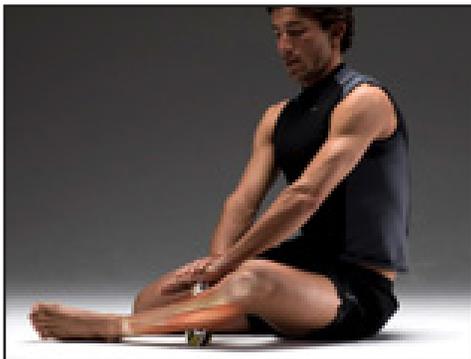


ANKLE MOBILITY: (Muscle Releases, Stretches, Strength)

SMR



Soleus Release:
 3 rolls, 5 ankle rotations (middle, inside and outside)



Tibialis Posterior Release:
 5 compression circles, 5 pull-backs X3 rounds



Gastroc Release:
 Hold position and do 5 toe slaps (middle, inside, outside)

AIS



3-Leg Dog:
 Start in a pushup position with one leg off the ground and knee to chest, hold 2sec then pivot weight onto back foot and raise the leg. Flatten foot into ground and hold 2sec, repeat 5 times each side.



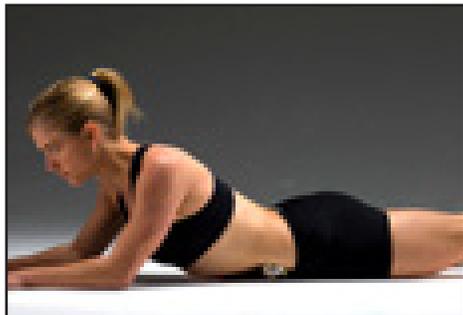
3-Way Ankle Mobility:
 Bend knees and keep feet flat. Drive knee towards toes holding 2sec for 5 reps (middle, inside, outside)



Eccentric Calf Stretch:
 Use both feet to raise onto your toes, then lower heel down slowly (10sec) by pulling toes towards the shin X 5reps each leg

HIP MOBILITY: (Muscle Releases, Stretches, Strength)

SMR



Psoas Release:
 Position ball 1in left or right of the naval. Distend stomach into the ball, raise up onto your elbows while holding breath. Raise same side leg for additional pressure and hold 2-5sec. Repeat 5reps each side.



TFL Release:
 Position roller near the hip on your side. Slowly roll back and forth in a 2in area, making sure to have hip extended. Alternate 5 rolls with 5 twists front to back (grinding on this spot), and repeat on the other side.



Quad Release:
 Place roller just above the knee on your quad and roll 2in up and 1in back until your reach the hip. Repeat other leg.

AIS



Quad Mob:
 Place foot directly behind glute, and drop knee down and back by bending the front leg. Actively extend the hip at the same time by flexing the glute. Hold 2sec and repeat 5 times per leg.



Reverse Lunge/Twist:
 Lunge backwards while reaching up and across the body with the same side arm. Hold 2sec X 5 reps per side.



Rear Foot Elevated Split Squat (RFSS):
 Stand up and lower back knee to the ground. Maintain flexed glute, tight abs, and upright posture X5 each side.

STRENGTH



Bird Dog:
 Kneel on all fours with your arms and thighs perpendicular to the floor. Hands shoulder width apart and flatten your back. Raise your right arm forward & left leg backward. Hold them up for 2-3 sec., then switch sides. X10 reps.



Glute Bridge Hip-up:
 Drive into the floor through heel until hips are extended (flat) then return to floor X10 each.

HAMSTRING MOBILITY: (Muscle Releases, Stretches, Strength)

SMR



Glute Release:
Roll on left glute with left ankle crossed over right knee. Move in small segments for 30sec each side.

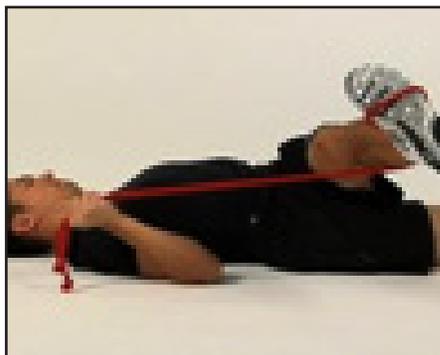


Hamstring Release:
Roll on hamstrings starting at the knee 2in up 1in back until you reach the glute. Repeat other side.

AIS

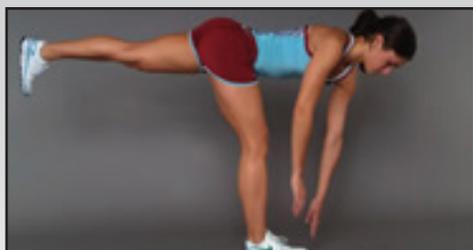


Active Hamstring Stretch:
Use hip flexors and quads to raise one leg while driving opposite leg into the ground. Hold 2sec while adding light tension to the rope with your arms, repeat X5 each side.



Active Hamstring, IT Band & Glute Stretch:
Same as active hamstring, but raise the leg up and across the body. 2sec hold X5 each side

STRENGTH



Single Leg RDL:
Raise back leg as high as possible without rounding back and shoulders. Pivot at the hip until hamstring stretch is felt then use the glutes to extend the hip and stand up, X5 each side.

Deep Squat Mobility: (Muscle Releases, Stretches, Strength)

SMR



VMO Release:
 Start on the inside of the thigh by the knee and roll 2in up and 1in back until you reach mid thigh. Repeat both sides



Periformis Release:
 Sit on TP or tennis ball on one glute. Slowly bring knee up and out to the side flexing toward the shoulder. Slowly extend and internally rotate the foot, X5 each side

AIS



Periformis Stretch:
 Position foot on table with knee resting on foam roller. Lean forward or squat down to increase the stretch. 2sec hold X5 reps

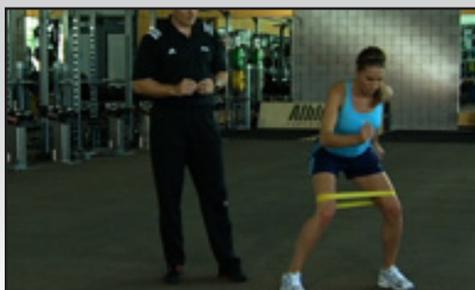


Butterfly Wall Slides:
 Sitting in butterfly stretch position with butt, head, and shoulders against wall, rest dowel on your head and slowly slide dowel up the wall until arms are extended and hold for 5 sec, X5 reps.

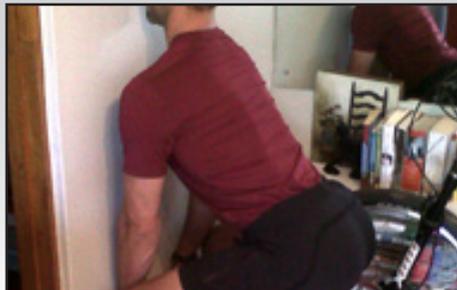


World's Greatest Stretch:
 Straight and strong from head to heel. Reach inside elbow to the floor, then reach same arm to the sky, then extend front leg for hamstring stretch. 2sec hold X3 rounds each side

STRENGTH



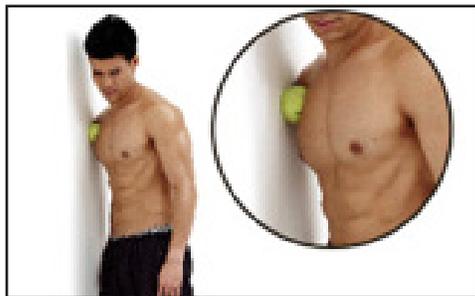
Miniband Walks:
 Position band directly above knees, keep knees apart (in line with toes), do 10 internal/external rotations with the knee on each side, then 10 together. Now from start position take 10 steps to the right (lead leg steps first) then 10 to the left.



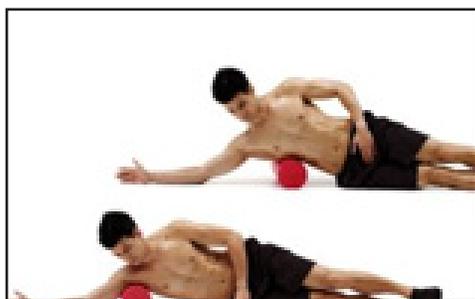
Prisoner Squats:
 Slowly squat as low as possible while maintaining natural foot and knee position 1in from the wall. Maintain posture throughout. X8 reps

Shoulder Mobility: (Muscle Releases, Stretches, Strength)

SMR



Pec Minor Release:
 Take deep breaths and slowly roll pec on tennis ball. 30s each side



Lat Release:
 Roll lat muscles up and down and twisting front to back. 30sec each side



T-Spine Release:
 Roll between shoulder blades, up and down, alternating with pressing head and shoulders to the floor. 30sec

STRENGTH



Rear Delt, Lower Trap:
 Keep legs straight and toes on the floor, while tucking the chin and lifting arms to the sky (thumbs up). 1sec up, 4sec down X5. 3 positions= hands by hips, shoulders, and over head

AIS



Lat Stretch:
 Hold stretch 2 seconds while shrugging shoulders X5reps



Pec Stretch:
 Squeeze shoulder blades together and draw arm back, then use the wall to create more range with light twisting. Hold 2sec then release, X5 each side



Sleeper Stretch:
 Align elbow with shoulder and gently press forearm down towards the floor. Hold 2sec X5 each



Wall Slides:
 Position head, shoulders, low back (this is key), and hips against the wall and slowly slide arms over head as far as possible. Take 5sec per rep X8 reps

PUSH-UP/CORE STABILITY: (Muscle Releases, Stretches, Strength)

STRENGTH



Plank:
Keep tailbone tucked under and chest over hands.
15sec X4 rounds



Incline Pushups:
Maintain perfect plank position throughout.
3sec down, 1sec up,
X5 reps and 3 sets



Dead Bug:
Keep low back pinned to the ground at all times.

Extend one leg out and hold for 5 sec, then return and extend the other.

Extend opposite side arm at the same time for advancement.
X10 reps total



Hand Walks:
From plank position with hands directly beneath chest, use small steps to slowly walk hands out and back to start with small steps. 15sec X4 rounds

