

WARM UP & RECOVERY

MOBILITY STRETCH SERIES

<u>FIGURE 4</u>	:45 sec. EA
<u>FIGURE 4 ELEVATED</u>	:45 sec. EA
<u>COUCH STRETCH</u>	:45 sec. EA
<u>PILLAR SQUAT STRETCH</u>	:45 sec. EA
<u>SPIDERMAN</u>	x5 EA
<u>WALL V STRETCH</u>	:45 sec.
<u>DEADBUG PUSH/PULL</u>	x:05 sec. EA x3 EA
<u>PARTNER GROIN STRETCH</u>	:45 sec. EA
<u>PILLAR CALF STRETCH</u>	:45 sec. EA
<u>KNEELING CLAMSHELL</u>	x5 EA
<u>LYING CLAMSHELL</u>	x5 EA
<u>SEAL STRETCH</u>	:45 sec.
<u>SEAL STRETCH + HIPS UP</u>	:45 sec.
<u>GLUTE HAM HANG</u>	2-5 min
<u>BAND TRACTION</u>	2-5 min