

WARM UP & RECOVERY

Foam Roll Series

<u>SITTING ON IT</u>	:20 sec.
<u>GLUTE</u>	:20 sec. EA
<u>CALVES</u>	:20 sec.
<u>IT BAND</u>	:20 sec. EA
<u>QUAD</u>	:20 sec. EA
<u>GROIN</u>	:20 sec. EA
<u>LOWER BACK</u>	:20 sec.
<u>UPPER BACK</u>	:20 sec.
<u>I-RAISE</u>	x10
<u>LAT</u>	:20 sec.
<u>THORACIC EXTENSION</u>	x10
<u>FOREARM ROLL OUT</u>	:20 sec. EA
<u>TRICEP ROLL OUT</u>	:20 sec. EA
<u>BICEP ROLL OUT</u>	:20 sec. EA

Lacrosse Ball Mobility

<u>HIP ROLL OUT</u>	:20 sec. EA
<u>GROIN MASH</u>	:20 sec. EA
<u>HAMSTRING EXTENSION</u>	x10 EA
<u>VMO MASH</u>	:20 sec. EA
<u>CALF MASH</u>	:20 sec. EA
<u>PLANTAR ROLL OUT</u>	:20 sec. EA
<u>PEC MASH</u>	:20 sec. EA
<u>PEANUT HIP RAISE</u>	x10
<u>PEANUT I-RAISE</u>	x10