



Piriformis Foam Roller

Pre/Post For Plyability

1 – 2 x 20 – 60 Seconds

Bend or cross leg on side to massage – focus point is deep glute



TFL/IT Band Foam Roller

Pre/Post For Plyability

1 – 2 x 20 – 60 Seconds

Roll up and down front corner and side of hip for massage



Hamstring Foam Roller

Pre/Post For Plyability

1 – 2 x 20 – 60 Seconds

Roll up and down hamstrings to massage



Erectors Foam Roller

Pre/Post For Plyability

1 – 2 x 20 – 60 Seconds

Roll up and down erectors (back) for massage



Quad Foam Roller

Pre/Post For Plyability

1 – 2 x 20 – 60 Seconds

Roll up and down hamstrings to massage



Lat Foam Roller

Pre/Post For Plyability

1 – 2 x 20 – 60 Seconds

Roll up and down lats for massage



Groin Foam Roller

Pre/Post For Mobility

1 – 2 x 20 – 60 Seconds

Roll in and out on groin to massage



Calf Foam Roller

Pre/Post For Plyability

1 – 2 x 20 – 60 Seconds

Roll up and down calves for massage



Scorpion Quad Stretch

Pre/Post For Flexibility

1 – 2 x 10 – 30 Seconds

Opposite foot in opposite hand – Brace core – Cross other ankle over flexed knee for better lateral stretch



Calf Mobs

Pre/Post For Mobility/Flexibility

1 – 2 x 5 – 10 reps/10 – 30 Seconds

Knee inside – Straight – Outside foot – Rainbows – Do knee straight and bent



Inchworm

Pre For Flexibility

1 – 3 x 5 – 20

Elbows/Knees straight – use ankles and shoulders to move – Brace core – Restrict trunk rotation



Shoulder Stretch

Pre/Post For Flexibility

1 – 2 x 10 – 30 Seconds

Stretch the anterior deltoid

Plyability & Mobility

	<p>Cradle Stretch</p> <p>Pre For flexibility</p> <p>1 – 2 x 5 – 20 Reps</p> <p>Pull leg across trunk to opposite shoulder w/rotation – Extend support knee – Foot full on ground – Brace core</p>		<p>Outside Heel Whips</p> <p>Pre For Hip Mobility</p> <p>1 – 2 x 5 – 20 Reps</p> <p>Kick heel out to hands – Brace core – allow slight rotation – extend support knee – foot full on ground</p>
	<p>Waggle Stretch</p> <p>Pre/Post For Flexibility</p> <p>1 – 2 x 10 – 30 Seconds</p> <p>Place hand inside foot & hold while hip muscles internally rotate the knee – Brace core – extend support knee – full foot</p>		<p>Chest Door Stretch</p> <p>Pre/Post For Flexibility</p> <p>1 – 2 x 20 – 60 Seconds</p> <p>Place forearms on door frame – Brace core – Lean into door open door space – change angle at shoulder for variety</p>
	<p>Door Lat Stretch</p> <p>Pre/Post For Flexibility</p> <p>1 – 2 x 10 – 30 Seconds</p> <p>Push hand at hip height – Pull hand at forehead height – Brace core – Push hips laterally – Look under up arm</p>		<p>Groin Stretch</p> <p>Pre/Post For Flexibility</p> <p>1 – 2 x 20 – 60 Seconds</p> <p>Brace core – Activate straight leg – Cross foot over above knee or place on floor at knee – Relax and stretch</p>
	<p>Quad Stretch</p> <p>Pre/Post For Flexibility</p> <p>1 – 2 x 20 – 60 Seconds</p> <p>Brace core – Tuck pelvis up/under – Lean forward to stretch hip flexors and quads – Alt. place free hand on ground</p>		<p>Calf Stretch</p> <p>Pre/Post For Flexibility</p> <p>1 – 2 x 20 – 60 Seconds</p> <p>Knees straight and bent – Brace core – lean into stretch – feet straight, in and out</p>
	<p>Quadratus Stretch</p> <p>Pre/Post For Flexibility</p> <p>1 – 2 x 20 – 60 Seconds</p> <p>Lower elbow provides rotation against thigh – upper elbow opens up trunk – Look up and lean</p>		<p>Cat Stretch</p> <p>Pre For Flexibility</p> <p>1 – 2 x 5 – 20 Reps</p> <p>Knees bent, elbows bent – Extend knees, extend elbows – Feet in, out and straight</p>
	<p>Pretzel Stretch</p> <p>Pre/Post For Flexibility</p> <p>1 – 2 x 20 – 60 Seconds</p> <p>Externally rotate leg w/a bent knee – line femur up w/shoulder or sternum – Lean into glute stretch</p>		<p>Quad Stretch</p> <p>Pre/Post For Flexibility</p> <p>1 – 2 x 20 – 60 Seconds</p> <p>Brace core – Keep knees rubbing together – Single leg squat into stretch – tuck pelvis under – Contract glutes</p>