

MOBILITY

90s/90s Couch Stretch
 90s/90s Pigeon Stretch
 Open Gate (10m)
 Close Gate (10m)
 Heel Walking (10m)
 Toe Walking (10m)
 Walking Lunges (10m)
 Reverse Lunges (10m)
 Lateral Lunges (10m)

DYNAMIC

High Knees (10m)
 Butt kicks (10m)
 Punter Kicks (10m)
 Forward Skips (10m)
 Backward Skips (10m)
 Lateral Side Shuffle Down (10m)
 Lateral Side Shuffle Back (10m)
 2x:
 10 Squats
 10 Push Ups

MONDAY

COMBO 1

2-3x
 15-20 Lateral Steps
 15-20 Forward Steps
 15-20 Backward Steps

COMBO 2

2-3x
 Start with 10, 12 or 15 and decrease down to 1.
 Glute Bridges + Abduction

TUESDAY

COMBO 3

2-3x
 15-20/leg Single Leg Glute Bridges (w/ or w/out back on bench)
 25 Heels Elevated Goblet Squats

COMBO 4

2-3x
 15-20/leg Fire Hydrants
 25 Frog Pumps
 *w/ or w/out band

WEDNESDAY

COMBO 5

2-3x
 15-20/leg Cha-Chas
 25 Roman Deadlifts

COMBO 6

2-3x
 15-20 Straight Leg Lefts
 25 Banded Supermans

THURSDAY

COMBO 7

2-3x
 15-20 Front Taps
 15-20 Back Tap s
 15-20 Prone Bench Glute Raises

COMBO 8

2-3x
 30-30-30 Abductions
 25 Frog Pumps

FRIDAY

COMBO 9

2-3x
 15-20/leg Bulgarian Split Squats
 15-20/leg Side Lying Glute Bridges

COMBO 10

2-3x
 15-20/leg Single Leg Glute Bridges w/ elevated feet
 25 Banded Jacks