

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

1

3 X 15

Supermans - I, Y, W
 V-Sit Holds

Banded Good Mornings
 Banded Upright Rows (low)

Bent Over, DB Single Arm Row
 Dual DB Roman Deadlift (straight legs)

2

3 X 15

Birddog - Opposites
 Side Plank Hold

Banded Rows (middle)
 Band Pull Aparts (chest)

Bent Over, Dual DB Row, Palms Up
 Dual DB Deadlift (bending legs)

3

3 X 15

Cat - Cow
 Bicycle Abs (slow)

Banded High Rows (high)
 Band Pull Aparts (shldr)

Dual DB Row, Palms Down
 DB Glute Bridges

COOL DOWN - OPT 1

Wide Stance, straight legs hand between feet
 In wide stance, walk hands to right side
 In wide stance, walk hands to left side
 Static Lung with Right Leg Forward
 Left Arm, Tricep Stretch
 Left Arm Across Body
 Runners Lunge, Right Leg Forward + Rotation
 Static Lung with Left Leg Forward
 Right Arm, Tricep Stretch
 Right Arm Across Body
 Runners Lunge, Left Leg Forward + Rotation

COOL DOWN - OPT 2

Lay on back reach arms and legs long
 Bring Knees in Chest
 Drop Knees to Left, look right
 Drop knees to Right, look left
 Right Leg in air pulling towards face
 Left Leg in air pulling towards face
 Come to Seated
 Left Arm, Tricep Stretch
 Left Arm Across Body
 Right Arm, Tricep Stretch
 Left Arm, tricep stretch
 Link hands in front and round back
 Hands on ground behind body, press chest out