



Phase 1: Warm-Up

Soft-Tissue

- Shins & Calves
- Hamstrings & Quads
- IT Bands & Glutes
- Low & Mid Back
- Upper Back & Lats

Correctives

- Cat N Cows → 2 X 6
- Deep Squat Hold → 2 X 30 sec.
- Hip 90/90's w/ Get-Up → 2 X 8
- SL Glute Bridge → 2 X 4 each
- Squat to Stand w/ OH Reach → 2 X 8
- Shoulder CARS → 4 X 1
- Elbow CARS → 4 X 1

Dynamic

- Jog Forward & Backward
- High Kicks
- Quad Pull w/ Opposite Arm Reach
- Lateral Lunge w/ OH Reach
- Spider Lunge w/ Reach
- Lateral to Forward Bound
- Reverse Bear Crawl (SLOW)
- Bent Over Rotational Swings