

MOD 1 – Mobility and Stability Day 1 and 5

Hips and Shoulders

Overhead Squat Test

Foam Roll: 30 secs each direction, 2 sets

Calf

Quads

“IT” Bands

Piriformis

Upper Back: elbows open/elbows closed (hands behind head)

Reference: Supple Leopard Book Pages (243-245, 250-253, 300-304)

Stretch: 5-10 minutes (Pages 304-306)

Push-ups : 2 sets of 20 reps @ (4/2/1)

Plank: 4-11 second -hold

Walking Lunges: 2 sets of 20 reps on each leg @ (4/2/1)

Stretch: 5 minutes

Chest

Shoulders

Hamstrings

Piriformis

Tabata

Squats

3 minute rest

Sit ups

DONE-----