



ACTIVE DYNAMIC WARM-UP

Movement Prep	Sets	Time	Distance	Reps	Rest
Knee Hug (in place)				5 each side	
Inverted Hamstring				5 each side	
Reverse Lunge				5 each side	
Lateral Squat				5 each side	

Movement Prep	Sets	Time	Distance	Reps	Rest
Bretzel				5 each side	
World's Greatest Stretch				1	
PVC Pipes				5 each	
Handwalks			10 yards		

CONDITIONING

20 Minutes	Exercise	ESD	Sets	Time	Distance	Reps	Rest
	Versa-Climber						
	Tread Mill						
	Cycling						

	Exercise	ESD	Sets	Time	Distance	Reps	Rest
	Road Jogging						
	Swimming						
	Elliptical						

Note: "ESD" is a **low and slow** intensity, minimal effort, aerobic interval training. Choose 1 exercise modality.

RECOVERY

5 Minutes	Exercise	Recovery ³	Sets	Time	Distance	Reps	Rest
	Foam Roller						
	Supine			30 sec.			
	Glutes			30 sec.			
	Hamstring			30 sec.			
	Calves			30 sec.			
	Inner Thigh			30 sec.			
	Chest/Shoulders			30 sec.			
IT Bands			30 sec.				

	Exercise	Stretches ³	Sets	Time	Distance	Reps	Rest
	Calves and Hamstrings			30 sec.			
	Hipflexors and Quads			30 sec.			
	Adductors			30 sec.			
	Hip Rotation and Posterior			30 sec.			
	Bretzel			30 sec.			
	90/90 Shoulder			30 sec.			

Note³: "Recovery" & "Stretches" should be performed individually. Make sure to focus on the most tender points in each area. Recovery should be performed on your own.