

## MOVEMENT DAY

Perform Soft Tissue Series + Dynamic Warm up before getting into the exercises below. This day should be used as part of your recovery day or on an off-training day. All exercises are controlled and not for speed! Complete each circuit before moving on to the next.

Circuit 1	Sets	Reps
Cat / Cow Pelvic Tilts	1-2	10 - 15
Ankle Dorsi-Flexion	1-2	10 - 15
90 / 90 Wall Breathing Technique	1-2	2-3 Minutes of Exhales
Circuit 2	Sets	Reps
Rocker Quad / Hip Floss	1-2	10 - 15
1/2 Kneeling QER	1-2	10 - 15
Foam Roll T-Spine Windmill	1-2	10 - 15
Circuit 3	Sets	Reps
Cook Hip Lift Hold	1-2	:15 / each side
Goblet Side Lunge (light)	1-2	10 - 15
Spiderman QER	1-2	10 - 15
Circuit 4	Sets	Reps
Bridges w/ Block & Breathing	1-2	2-3 Minutes of Exhales
4-Way Squat Series	1-2	10 - 15
Single Leg Lowers	1-2	10 - 15
Circuit 5	Sets	Reps
Arms-Out Front Squat	1-2	10 - 15
3-Point Contact Y's	1-2	10 - 15
SLDL w/ Reach	1-2	10 - 15