



STRENGTH AND POWER

WARM UP + COOL DOWN

WARM UP (Mobility and Activation)

Cat Cow	x 5 - 10
Thoracic Rotations	x 10
Baby Squat Sway / Dorsiflexions	x 10
Squat To High Toe	x 10
Sumo Squat Heel Lifts	3 x 3 - 5 Lifts
360 Cossack	x 3 - 5 each side
Adductor Plank	x 10
Side Plank w / Hip Flexion and Abduction	x 6 - 10 per side
Deck Squat (Normal, Spring, Pistol)	x 3 - 5 of each
Goat Bag Swings	x 10

COOL DOWN STRETCH

Hold positions for 15 - 30 seconds, maintaining breath and releasing tension

Seated Straddle Side Reach

- > Turn to one side for Forward Fold
- > Bend knees into Mermaid (w/ forward fold)
- > Pigeon (can make active but stay relaxed)
- > Achilles Stretch
- > Lateral Kneeling Adductor
- > Reclined Hurdle
- > Back into Straddle

Repeat on other side

Kneeling Arch Stretch

Bent Knee Forward Fold - Pedal Feet - Hang - Sway - Roll Up - Reach Back - Relax!