

| Warm Up and Mobility/Prep Work (prior to strength routine) | Sets | Repetitions |
|---|--------------------|--------------------------------------|
| General Warm Up: 5-10 mins light aerobic activity (bike/jog) | - | - |
| Movement Preparation | | |
| 1. Intrinsic Muscles of the Feet - Training | See attached sheet | |
| 2. Hip Stability/Mobility Sequence: Maintain good alignment and stability. Stay within a comfortable range of motion. At each point where a light stretch is felt – hold for approximately 3 seconds before continuing through the sequence. Keep core engaged throughout | 1 | 3-6 circuits each side |
| 3. Traveling Spiderman: Stay within a comfortable range of motion (you should feel a light stretch as you “open up” the hip). Keep core engaged to assist in maintaining neutral spine while in the plank (push up position). | 2 | 10 reps at a slow/controlled tempo |
| 4. Cuban Press to Overhead Squat: Use Broom stick only. Stay within a comfortable range of motion (stay within comfortable limits with respect to flexibility in the muscles/tissue involved with the shoulders, back, hips, knees). Keep core engaged throughout. | 2 | 10 reps at a slow/controlled tempo |
| 5. Inchworm with Push Up to Rotation: Keep core engaged, maintain good alignment. Stay within a comfortable range of motion (you should feel a light stretch in the hamstrings/calves). Keep core engaged to assist in maintaining neutral spine while in the plank (push up position). While performing the rotation engage core to keep pelvis/spine “locked” as one (i.e. the upper half and lower half of the body should move together). | 2 | 6-12 reps at a slow/controlled tempo |
| 6. Single Leg Anterior Reach: Maintain good alignment and stability. Focus on glute contraction upon return to upright. At the bottom most position you should feel a light stretch in the hamstring. | 2 | 15 reps at a controlled tempo |
| 7. Stability Ball: Wall Static Hip Abduction. Keep core engaged - maintain good alignment. Focus on contraction of posterior glute med on stance side. Maintain a constant pressure on the ball by gently pressing the alternate side knee into the ball. | 2 | Hold for 15-30 seconds, per side |
| 8. Multi-Direction Body Weight Lunge: Maintain good alignment and control. Focus on quality of movement – you may have to work through the circuit slow and deliberate. Over time, increase the dynamic nature of the lunges while still maintaining control and alignment. | 1 | 3-6 circuits, each side |



| Flexibility | Sets | Repetitions |
|---|------|------------------------|
| Following Strength/Stability Routine – and may be performed daily. Stay within a comfortable range. | | |
| A. Half Kneeling Hip Flexor Rope Stretch | 2 | Hold for 30-40 seconds |
| B. Lying Figure 4 Glute Stretch | 2 | Hold for 30-40 seconds |
| C. Lying Hamstring-Peroneal Rope Stretch | 2 | Hold for 30-40 seconds |
| D. Seated Calf Rope Stretch or Standing Calf Stretch | 2 | Hold for 30-40 seconds |
| E. Bowing Kneeling Side Bend Stretch | 2 | Hold for 30-40 seconds |
| F. Chest Wall Stretch | 2 | Hold for 30-40 seconds |
| There should be no pain or symptoms associated with the performance of any exercise. If pain presents, stop the activity at once. | | |

