

MOBILITY WARM UP



1. Shoulder: Disco with Stick. Straight arms, keep scapula down. Hips to overhead within range. 10X



2. Hip Opener: Straight back leg, flat back – or put hands on bench or box. 4X each side



3. Rolling: Upper back extensions – flex extend to open up. Quad & ITBand – go slowly and relax into roller, pause on knots and breathe!

WORKOUT: 3 Sets of 12-15 reps



1. **Balance.** Kneeling on Ball – Move stick or med ball overhead, keep hips forward.



2. **Goblet Squat w/ Shoulder Press.** Hold 2 kettlebells 'bottoms up' with thumbs touching at sternum. Squat down and press up on way up – alternate arms, 1 squat per press.



3. **Chest Punch at Pulley.** Adjust handle at chest height. Split stance with back foot the same as the working side. Punch forward and add twist. Move weight to forward foot as you punch. Core strong!

4. **Step Ups.** Stand close to box – knee height. Power up and lift opposite knee, balance at top with full hip extension then lower in control with hips/knees in alignment. Alternate feet. Hold dumbbells.



5. **Bentover Row at Pulley.** Put bar or rope attachment at lowest setting. ¼ squat on bosu and support stance with hips/glutes/core. Squeeze scapula together and keep neutral back. Can do with band also.

6. **Deadlift with Bar.** Set yourself up in a rack once you get to heavier weights. Hinge hips back with weight into heels and strong core. Keep tension on bar and pull shoulders back. Slide bar along thighs.



7. **Box Jumps.** Stand close to box in ready position and face a mirror. Jump onto box and land softly into a squat. Jump back down. Watch knees stay in line! 1 minute

8. **Push Ups** from ground. Max amount in good form only. Keep all muscles super tight and shoulders set back. Repeat your sets until you get to 10-15 total. ie: 3 good ones x 3-5 sets



9. **Core leg drops with ball squeeze.** Brace core firmly during entire exercise while breathing = back & pelvis stay neutral. Squeeze body ball between shin/hands and slowly lower opposite arm/leg.

10. **Lat Roll Outs.** On knees with hips pressed forward and pinky fingers on ball. Roll ball away as you drop down in a straight line from hips to knees. Straightening your arms then bring ball back in pivoting on knees and keeping glutes on the whole time, don't bend in the hips if you can.



STRETCHES: Hold 1-1.5 minutes



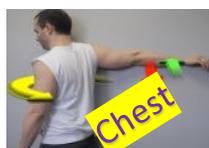
Glutes



Hip Flexors



Hamstrings



Chest



Back/Glutes/Chest



Inner Legs