

Day 1

Foam Roller	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1a) Roll Mid/ Upper Back	30's		30's		30's		30's	
1b) Thoracic Extensions	10		10		10		10	
Lacrosse Ball	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1a) Upper back/ traps	30's each side		30's each side		30's each side		30's each side	
1b) Chest	30's each side		30's each side		30's each side		30's each side	
Stretch:	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1a) Chest Stretch	30's		30's		30's		30's	
1b) Lat Stretch	30's		30's		30's		30's	
1c) Hip Flexor Stretch	30's each side		30's each side		30's each side		30's each side	
1e) 90/90 Glute Stretch	30's each side		30's each side		30's each side		30's each side	
1f) Calf stretch	30's each side		30's each side		30's each side		30's each side	
Movement:	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1) Cat Camel Stretch	10		10		10		10	
2) Thoracic Rotations	10 (each side)		10 (each side)		10 (each side)		10 (each side)	
3) Birdog	10 each side		10 each side		10 each side		10 each side	
4) SLR w/ Distraction	10 each side		10 each side		10 each side		10 each side	
Activation/ Strength	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt
1a) Glute Bridge w/band	10		12		15		15	
1b) Glute Bridge Kneeouts	10		12		15		15	
1c) Ball HS Curl	0		12		15		15	
1d) Scap Pushups	10		12		15		15	
1e) Box Squat w/band	10		12		15		15	
1f) Diagonal Pullapart	10		12		15		15	
1g) 90/90 Split Squat	10 (each side)		12 (each side)		15 (each side)		15 (each side)	
1h) Wall Slide	10		12		15		15	
1i) McGill Side Plank	30's each side		30's each side		30's each side		30's each side	
1j) Band Pullapart	10		12		15		15	
1k) Pushup Plank	30's		30's		30's		30's	

Perform the Activation/ Strength circuit 2x's