

Exercise Name	Form Tips	Reps	Sets
<b>ACTIVATION</b>			
<b>A1:</b> Superman W's	-keep the chest up, glutes and low back engaged, bend the elbows and down the arms back, squeeze the shoulder blades together and then extend back out	15x	3
<b>A2:</b> Bird dogs	-opposite arm and leg extend out and then crunch back in (opposite elbows and knee touch in the middle)  -don't let the hips drop or the back arch too much, keep the hips tucked and the core tight	10x each side	3
<b>A3:</b> Glute bridge	-drive the heels into the ground and lift the toes, squeeze the glutes at the top	20x	3
<b>A4:</b> Shoulder external rotation	-elbow is bent at 90 degrees, keep the elbow tucked at the side of the body  -palm up and rotate the forearm outside to the side and back to the middle	10 each arm	3
<b>MOBILITY</b>			
<b>B1:</b> Arm circles on the wall	-face one way, arm closest to the wall starts straight out in front with the palm facing the wall  -circle the arm up and around the wall staying faced forward, switch hand to palm facing away from the wall once your arm cannot circle any further without rotating the body too much	10x each arm	3
<b>B2:</b> T-spine twists	- hands placed under the shoulders, knees placed under the hips  -place one hand on the back of the head with elbow bent, hips point towards the ground  -rotate elbow down the opposite hand and then counter twist up, look up	10x each side	3

<b>B3:</b> Worlds Greatest Stretch with arm reaches	-high lunge, back knee up, hands driving into the ground on the inside of the front bent leg  -inside forearm reaches down and the twist up over the front knee, extend the arm up, look up	5x reaches each side	3
<b>B4:</b> High plank to a downward dog	-keep the core tight, hips tucked  -flow from a high plank to a downward dog but piking the hips up and dropping the head in between the shoulders	10x	3
<b>BALANCE/STABILITY</b>			
<b>C1:</b> Standing single leg knee tucks	-balance on one leg, drive opposite knee up to the chest then back down  -don't let the knee collapse in, activate the side of the glutes	10 each leg	3
<b>C2:</b> Standing single leg lax ball drop and pick up	-drop the lax ball (or any ball you have), wait until it stops moving and then with a single leg stance send the hips back and bend the knee to pick it up	10x each leg	3
<b>C3:</b> Boat hold	-seated, legs are straight and extend out, back stays straight and chest open  -to modify bend the knees	30 seconds	3
<b>C4:</b> Lateral hops (stick the landing)	-hop laterally and land on one leg, before moving on to the next hop on the other side, stick the landing  -be conscious of the knee not collapsing in, engage the glutes when landing	6x each leg	3