

ALL-STAR PRE-HAB

Workout Instructions

Workout Focus: PreHab, Flexibility Training

Intensity: Mild

You Need: Mat and timer

Suggested Warmup: any workout, but especially RDA workouts :)

All-Star Flexibility Training / Cool-Down

Chest opener: Keep elbow at shoulder height or above

Standing Quadriceps: Point knee straight down, tilt pelvis under.

Lunge: (Kneeling.) Tilt pelvis under.

Hamstring: Keep hips square.

Pigeon (glute/piriformis): Keep front foot flexed, experiment with angles to suit your hips and knees. Alternative: Figure Four stretch.

Taco Stand (groin/adductors): experiment to find a position that gives you the best stretch. Alternative: 'frog' stretch lying down (soles of feet together, knees fall to sides)

Seated Twist: sit up very straight before twisting.

Windshield-wiper twist: Take deep breaths. Try to keep both shoulders on the floor.

Seated forward fold: Take deep breaths.

Notes:

Hold for 30 seconds each stretch / each side. Use a timer to keep you honest! Breathe deeply. Relax your teeth and jaw. Always be warm before stretching!