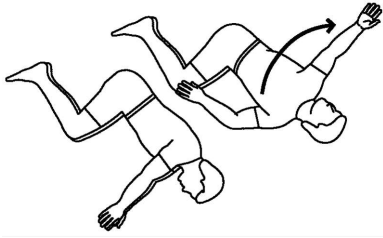


Comment:

This warm up routine calls for a medicine ball and a balance disc or a Bosu. If you have neither of these you can practice single leg stance on the ground.
This routine will help prepare you for the workout to follow. This should take you 8-10 minutes.

Side Lying Rotational Stretch



- Lie on side with hips and knees bent at 90 degrees. Place a rolled up towel between your knees(not shown)and squeeze knees together.
- Place arms out in front, palms together.
- Slowly lift top arm up, keep hips stable by squeezing knees together.
- Watch the moving hand and try to get upper arm, forearm, and back of hand on floor.
- Use other hand to keep knees on floor.
- Return arm back to start position.
- Repeat stretch on other side.

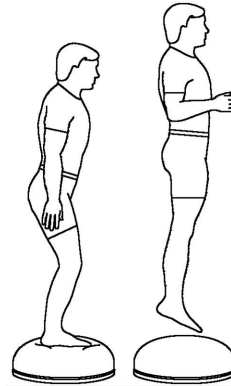
Special Instructions:

If you lack mobility in your thoracic spine place your top hand between the floor and your rib cage first. Rotate by pulling your ribs around to help you. As you begin to gain more mobility you can move on to the straight arm move as mentioned above.

Perform 1 set of 15 Repetitions, once a day.

Hold exercise for 20 Seconds.

Bosu double jump



- Stand on BOSU with both feet.
- Jump up and down with both legs.
- Repeat.
- Be sure to plant yourself firmly on each landing. Engage the core.

Special Instructions:

This is a great way to focus on the moment. Doing this bare foot will allow for better proprioceptive feedback.
To progress, add single leg jumps.

Perform 1 set of 1 Minute, once a day.

Use BOSU.

Perform 1 repetition every 1 Second.

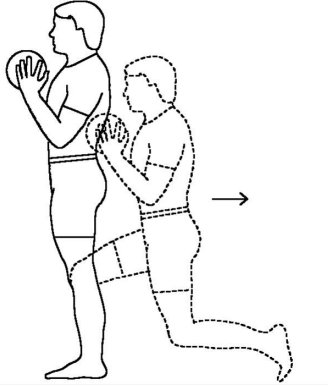
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Ball reverse lunge



- Hold medicine ball to chest.
- Maintain a tall spine and step backward holding ball at chest.
- Step forward to standing.
- Repeat using other leg.

Special Instructions:

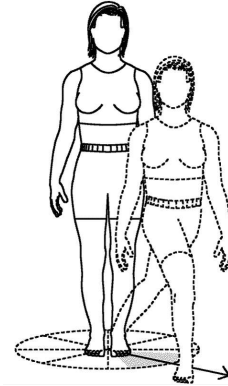
Stay tall, feel your abdominals engage. Push heels down into floor to drive you up off BOTH legs on the return.

Perform 1 set of 15 Repetitions, once a day.

Use 6 Lbs (Medicine Ball).

Perform 1 repetition every 4 Seconds.

Forward opposite 45 functional lunge



- Stand on both legs.
- Step forward to left at 45 degrees with right leg keeping foot and trunk forward as shown.
- Head should be in line with knee.
- Return and repeat the other direction.

Special Instructions:

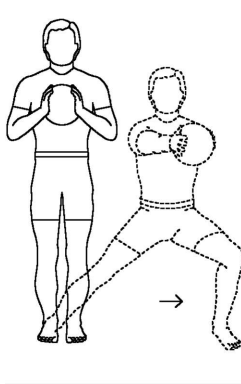
To progress, add a squat down with both legs in the crossed over position.

This calls for more balance and mobility.

Perform 1 set of 15 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

Ball side lunge reach



- Hold medicine ball to chest.
- Step sideways, stay tall and reach forward with ball.
- Keep your chest lifted.
- Step back to standing and return ball to chest.
- Repeat using other leg.

Special Instructions:

This forces you to engage your core stabilizers or you will round your upper back and lose a neutral spine.

Perform 1 set of 15 Repetitions, once a day.

Use 6 Lbs (Medicine Ball).

Perform 1 repetition every 4 Seconds.

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Comment:

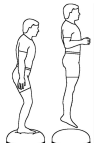
This warm up routine calls for a medicine ball and a balance disc or a Bosu. If you have neither of these you can practice single leg stance on the ground.
This routine will help prepare you for the workout to follow. This should take you 8-10 minutes.

Side Lying Rotational Stretch



Perform 1 set of 15 Repetitions, once a day. Done Hold exercise for 20 Seconds.

Bosu double jump



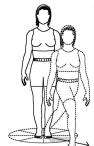
Perform 1 set of 1 Minute, once a day. Done Use BOSU.
Perform 1 repetition every 1 Second.

Ball reverse lunge



Perform 1 set of 15 Repetitions, once a day. Done Use 6 Lbs (Medicine Ball).
Perform 1 repetition every 4 Seconds.

Forward opposite 45 functional lunge



Perform 1 set of 15 Repetitions, once a day. Done Perform 1 repetition every 4 Seconds.

Ball side lunge reach



Perform 1 set of 15 Repetitions, once a day. Done Use 6 Lbs (Medicine Ball).
Perform 1 repetition every 4 Seconds.

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