|  |  |  |
| --- | --- | --- |
| **Before Bed/Postworkout 10 mins** | **Body Part** | **Equipment** |

|  |  |  |
| --- | --- | --- |
| 30 seconds | Bottom of foot | Lax ball |
| 30 seconds | calf | Foam roller |
| 30 seconds | hamstring | Foam roller/ lax ball |
| 30 seconds | Quad/ abductors | Foam roller |
| 30 seconds | IT band | Foam roller |
| 30 seconds | back | Foam roller |
| 30 seconds | lats | Foam roller/ lax ball |
| 30 seconds | Pectorals/glutes | Lax ball |

**Warm up Template**

Perform each section two times a day either in the morning and at night or pre and post workout. Also, you can use it as a recovery day by going through each section once with no breaks.

**Hip Mobility**

1. Side-lying clams 2x5 <http://www.youtube.com/watch?v=m7RyKQV4XhE>
2. Couch stretch 1-2mins per side <http://www.youtube.com/watch?v=-ZX1QMTdAC4>
3. Supine bridge w/ reach 6/s <https://www.youtube.com/watch?v=6DLuGw5yivE>
4. Groiners w/ overhead reach- <https://www.youtube.com/watch?v=eV_2aoBTTl4>
5. Wall Hip Flexor Mobilization- <https://www.youtube.com/watch?v=of6OYuyYCxE>
6. Lateral and frontal leg swings 6 each side and direction <http://www.youtube.com/watch?v=S7AvU6P2OeM>
7. 2 min squat hold (drive your knees out with your elbows)

**Improve Overhead Mobility (Eric Cressey)**

1. **Supine Alternating Shoulder Flexion on Doubled Tennis Ball: 8 reps/side-** <https://youtu.be/71qEKutWw18>
2. **Bench T-Spine Mobilizations: 8 reps-** <https://youtu.be/qovO0ysEpuc>
3. **Side-Lying Windmills: 8 reps/side** <https://youtu.be/RX21NOL61OE>
4. **Dead Bugs: 8 reps/side** <https://youtu.be/rbemelnkHag>
5. **Back to Wall Shoulder Flexion (it's a test and a training exercise): 8 reps** <https://youtu.be/wbyhKCjrPSQ>
6. **Wall Slides with Overhead Shrug and Lift-off: 8 reps-** <https://youtu.be/rftFxHSgRmA>

**Tight Hamstrings /Ankles/ Calves**

1. Hip hinge 12 <http://www.youtube.com/watch?v=gwN_nXKVXXI>
2. Leg lowering 10 each side <http://www.youtube.com/watch?v=-gi0K3g7VSM>
3. Inch worms 5 <http://www.youtube.com/watch?v=yr-HHgxXTqg>
4. Wall Ankle mobilization 12 each (dorsi flexion) <http://www.youtube.com/watch?v=blLAt5hsOG8>
5. Ankle mobility 10 each <http://www.youtube.com/watch?v=ov9bUXvFE14>

**Mobility Routine for Athletes (Bulletproof Athlete by Mike Robertson)**

Leg Lowering 8 Reps Each Leg

Glute Bridge 8 Reps

Side-Lying Reach 8 Reps Each Arm

Half-Kneeling Rotations 8 Reps Each Side

Pull-Back Butt Kicks 8 Reps Each Side

Forearm Wall Slides 8 Reps

Wall Ankle Mobilizations 8 Reps Each Side

Groiners 5 Reps Each Side

Prisoner Squat 8 Reps

**Total Body Mobility Routine ( Eric Cressey)**

 *Use this if you are short on time***-** <https://www.youtube.com/watch?v=o5_14SfX9Is>

1. Wall hip Flexor Mobilization
2. Supine Bridge W/ Reach
3. Yoga Pushup
4. Spiderman w/ Hip lift and overhead reach