





Workouts 1 and 2 are the only mandatory days, but we strongly recommend you complete these additional exercises. Here are two options for completing the workout, depending on if you prefer to have an additional workout day to do all the mobility and soft tissue work or whether you prefer to split it up across three days of smaller workouts.

Regardless of which option you choose, we recommend you use a selection of these as a warm up before you begin your strength training workouts, the soft tissue, mobility, and motor control pages (accessible through your [main account page](#)) demonstrate exactly how to do this.

## Option 1: Workout 3

### Soft tissue treatment

Spend 30-60 seconds per area.

If one area feels particularly tight, spend a little more time working through it. The videos demonstrate how to do this effectively.

- Quads Spend extra time on outer quads
- Glutes
- Calves Calves and Feet
- Feet
- Hamstrings
- Upper Back

### Static Mobility

- T-Spine Extension 3 reps x 3 spots down the spine
- T-Spine Rotation 6 reps x 1 breath (per side)
- Hip Flexor and quad 2 reps x 6 breaths (per leg)
- Frog stretch 2 reps x 6 breaths
- Pigeon 2 reps x 6 breaths (per leg)
- Hamstring 1 8 reps x 1 breath (per leg) \*Left twice
- Ankle mobility/ rolling 6 reps (per leg)
- Rocking Frog 6 reps x 2 breaths (forward and backward per leg)
- Half Kneeling Adductor 5 reps x 2 breaths (per leg)

### Toe Mobility

- Spread toes 10 reps (per foot)
- Big Toe / Lesser toes 10 reps (per foot)
- Flexion / Extension 5 reps (per foot)

### Dynamic Mobility

- Walking high knee pull 6 reps per side (breathe at each rep)

- Heel to butt to reverse lunge 6 reps per side (breathe at end range of motion)
- High knee pull reverse spiderman 6 reps per side
- Cradle walk 6 reps per side

## Motor Control / Stability

- Wall hip flexion drill 10 reps x 1 breath (per leg)
- Athletic stance 10 reps x 1 breath
- Rip the floor (wall) 15 reps x 2 breaths (per leg)
- Leg lowering 8 reps per leg
- Toe tap (Clock toe taps) 8 reps per leg (3 reps per tap position)
- Cook hip lift 10 reps x 2 breaths (per leg)
- Athletic stance to single leg stance 10 reps x 1 breath (per leg)

## Breathing

- 3 month breathing 10 - 15 breaths
- Chin tuck 10 reps x 2 breaths

## Option 2:

### Mobility mini workout 1

- 3 month breathing – 10 breaths
- Soft Tissue – 3-5 minutes working on trouble areas of your choice
  - Point and flex the foot, or bend and extend the knee

#### Static Mobility

- Hip Flexor & Quad 6 breaths per leg
- Ankle Mobility 6 reps per leg
- Big Toe Extension Lax Ball 6 reps per leg
- Rocking Frog 3 reps back & forward per leg

#### Dynamic Mobility

- High knee pull to reverse lunge 6 reps per leg
- Cradle Walk 6 reps per leg

#### Motor Control

- Wall Hip Flexor Drill 10 reps x 1 breath per leg
- Toe Tap 8 reps per leg
- Cook Hip Lift 6 reps x 2 breaths per leg

### Mobility mini workout 2

- 3 month breathing – 10 breaths
- Soft Tissue – 3-5 minutes working on trouble areas of your choice
  - Point and flex the foot, or bend and extend the knee

#### Static Mobility

- Pigeon 6 breaths per leg
- Hamstring 1 6 reps x 1 breath per leg
- T-Spine Extension 3 reps x 3 spots on spine x 6 breaths
- Ankle Rolling 6 reps per leg
- Half Kneeling Adductor 6 reps per leg

## Dynamic Mobility

- Heel to butt with lunge 6 reps per leg

## Motor Control

- Wall Hip Flexor Drill 10 reps x 1 breath per leg
- Quadruped Hip Extension 6 reps x 1 breath per leg
- Chin Tuck 6 reps x 1 breath

## Mobility mini workout 3

- 3 month breathing – 10 breaths
- Soft Tissue – 3-5 minutes working on trouble areas of your choice
  - Point and flex the foot, or bend and extend the knee

## Static Mobility

- Frog Stretch 6 breaths
- Toe Flexion / Extension 6 reps each way per foot
- Scapular Slides 10 reps per side
- Ankle Mobility 6 reps per leg

## Dynamic Mobility

- High Knee Pull to lateral lunge 6 reps per leg
- Spiderman 6 reps per leg

## Motor Control

- Wall Hip Flexor Drill 10 reps x 1 breath per leg
- Hip Extension 15 reps x 1 breath
- Cone Taps 8-10 taps per side