

EXERCISE	LINK	SETS/REPS OR TIME
RPR ZONE 1		1x :10e
COUCH STRETCH	COUCH STRETCH	2x each :30
90/90 HIP AXIAL	90/90 HIP AXIALS	2x each 8e
ADDCUTOR ROCKS	ADDUCTOR ROCKS	2x each :30
1/2 KNEELING WALL ROT	SWEEP AND ROTATE	2x each 8e
COBRA TO PIKE	COBRA TO PIKE	2x 8e
ANKLE DORSIFLEXION	ANKLE DORSIFLEXION	2x each :30
BANDED SHOULDER DIS	BANDED SHOULDER DISTR.	2x each :30
BELLY BREATH ON BACK		1x 4-5 minutes