

EXERCISE	LINK	SETS/REPS OR TIME
RPR ZONE 1		1x :10e
LAX BALL FOOT SMASH	FOOT SMASH	2x each :30
LAX BALL CALF RELEASE	LAX BALL CALF RELEASE	2x each :30
LAX BALL GLUTE RELEASE	GLUTE RELEASE	2x each :30
LAX BALL PEC RELEASE	PEC RELEASE	2x each :30
KB HIP FLEXOR RELEASE	HIP FLEXOR RELEASE	2x each :30
BARBELL QUAD SMASH	QUAD SMASH	2x each :30
SUBOCCIPITAL SMASH	SUBOCCIPITAL RELEASE	2x each :30
BELLY BREATH ON BACK		1x 4-5 minutes