



NAME:

TRAINING COMPONENT: Mobility and Soft Tissue Manipulation

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Foam Rolling	Reps	Tempo
Quads/Hip Flexor	1-2 reps	20 secs
ITB/Tensor Fascia Latae	1-2 reps	20 secs
Adductors	1-2 reps	20 secs
Thoracic Extension	1-2 reps	20 secs
Latissimus Dorsi	1-2 reps	20 secs
Calves/Peroneals	1-2 reps	20 secs
Pectorals	1-2 reps	20 secs

Mobility Drill	Reps	Tempo	Sets
Lying Rotations	10	Slow	
Cat Camel	10	Slow	
Kneeling Hip Flexor	H:15	H:15	
Supine Leg Swipes	10 each	Moderate	
Scapula Push Ups	12	Moderate	
Wall Slide	12	Slow	
Calf Rocking against wall 3 way	5 each way	Moderate	
Spider Walks	10	Moderate	
Cradle Walk	10	Moderate	
Toy Soldiers	10	Fast	

Notes: Perform all Foam Rolling and Mobility work before each training session