

IN HOME WORKOUT PROGRAM - Day 4 (Recovery)

*Complete [Warm Up](#) Prior to Starting Workout

Spinal Mobility - Complete 2 Sets

Seated Trunk Rotation	10 Each Side
Cat Cow	12
Kneeling Thoracic Rotation	10 Each Side

Shoulder Mobility - Complete 2 Sets

I, Y, W, T, L's	10 Each Side
Forearm Wall Slide	12
Scapular Slide (Floor)	12
Lateral Shoulder Raise (can use two cans or bottles for weight)	15
Front Shoulder Raise (can use two cans or bottles for weight)	15
Diagonal Abduction	15

Hip Mobility - Complete 2 Sets

Forward + Reverse Hip Rotation On All Fours	10 Each Leg
Seated Single Leg Raise	12 Each Leg
Single Leg Donkey Kick	12 Each Leg
Kneeling Straight Leg Kick Out	12 Each Leg
Alternating Hip Rotation	10 Each Direction

Ankle Mobility - Complete 2 Sets

Single Leg Wall Toss (Tennis Balls)	30 Seconds
Single Leg Balance (Eyes Closed)	1 Minute Each Leg
Single Leg Calf Raise (Use Stairs)	12 Each Leg

Stretching - Complete 2 Sets

Standing Hamstring Stretch	30 Seconds
Couch Stretch	30 Seconds
Hip Crossover	30 Seconds
Pigeon Stretch	30 Seconds
Frog Stretch	30 Seconds
Pec Stretch	30 Seconds
Calf Stretch 1 (Knee Straight)	30 Seconds
Calf Stretch 2 (Knee Bendt)	30 Seconds
Child's Pose	30 Seconds
