

SQUAT PATTERN:

- A. [Passive Squat Hold](#)
- B. [Frog Stretch](#)
- C. [Cossack Squat \(alternating\)](#)

*Heels can lift to get below parallel. Try not to.

- D. [Active Squat Hold](#)

[Full Playlist here](#)

3 x 30 sec hold, 15 sec rest between

2 minutes x 1 set

2 x 10 reps

3 x 30 sec hold, 15 sec rest between

ANKLES:

- A. [Knee Over Toes Hold](#)

*Elevate foot if able, heel down

- B. [Saddle](#)

- C. [Bent Knee Slow Lower](#)

- D. [Feet together Squat Hold](#)

*Use support for balance if required

[Full Playlist here](#)

3 x 30 sec (each side)

3 x 30 sec, 15 rest

2 x 5 reps (each side with a 5 sec lower)

3 x 30 sec, 15 rest

THORACIC AND ROTATION:

- A. [Lying Book Openers](#)
- B. [Thoracic CAR \(alternate\)](#)
- C. [Thoracic Peanut Roll](#)
- D. [Bridge Up](#)

[Full Playlist here](#)

2 x 5 reps (each side)

3 x 10 reps

2 minutes

3 x 20 seconds

HINGING AND BENDING:

- A. [Chair Hinges](#)
- B. [Jefferson Curl](#)
- C. [Single Leg Lying Wall PNF](#)
- D. [Sit and Reach](#)

[Full Playlist here](#)

3 x 10 reps

3 x 5 reps (5 sec down, 5 sec up)

3 x 5 (each side, 3 sec push)

3 x 30 sec, 15 rest

SHOULDERS, PECS & OVERHEAD

- A. [A. T. W's](#)

*Add load if unweighted is easy

- B. [Prone Passthroughs](#)

- C. [Prone Elevated External Rotation](#)

- D. [Prone Behind the Neck Press](#)

[Full Playlist here](#)

2 x 10 (all 4 positions)

2 x 10

3 x Max

3 x 30 sec, 15 rest

QUADS AND HIPS:

- A. [Multi Couch Stretch](#)
- B. [Single Leg Hip Compression](#)
- C. [90/90 with leg lift](#)
- D. [Supine Wall Squat](#)

[Full Playlist here](#)

2 min each side (1 min each position)

2 x 5 (each side, 5 sec hold)

2 x 10 (each side, 2 sec hold)

2 min