### "THE STIFFNESS FIX" | Series A





T-Spine Extension on Roller x10







4 Hurdle Mobility (4 drills) x2 rounds





Hip Flexor w/ Reach up x:15e



Micro-Band Ankle Rainbows x10e



Goblet Squat x8





Pulsing Hip Flexor x8e







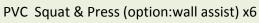
3way Tap Down & Reach (Split Stance) x3e











#### "THE STIFFNESS FIX" | Series A

# **POST STRETCH**

## (30 Seconds Each)



**Toe-Elevated Ankle Mobs** 



Side Lying Quad



Banded Knees In



Knee Hug Across



Side Lying Open Book w/ weight



**PVC Elephant Stretch** 



Spider Stretch



4pt Groin Stretch

### "THE STIFFNESS FIX" | Series B



4 Hurdle Mobility (4 drills) x2 rounds





Pulsing Hip Flexor x8e





Banded Ankle Distractions x15e



Deficit Hip Flexor w/ Internal Rotation x:15sec each



2way Warrior (Split Stance) x3e







Tight PVC Overhead Squat (option: wall assist) x8



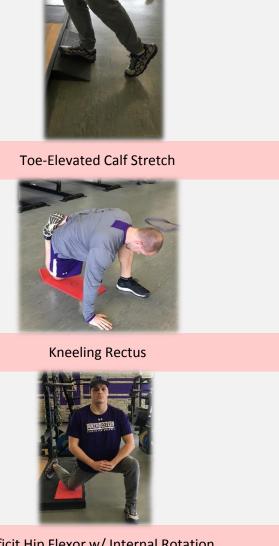
1/2 Prisoner Squat x6e

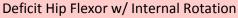


#### "THE STIFFNESS FIX" | Series B

# **POST STRETCH**

## (30 Seconds Each)







4pt Hip Stretch



Spider Stretch w/ Rotation



**Split Hamstring** 



SL Band Hamstring Stretch



**Goddess Position** 

### "THE STIFFNESS FIX" | Series C





KB Windmills x8e











Deficit Hip Flexor w/ Internal Rotation x:15e



Hip Flexor w/ reach up x:15e





Rev. Lunge w/ 2way PVC OH Twist x3e



06.

Banded Quad



SACRIFICE N

Deficit Iso-Dyn. Sumo Squat x4 (5ct pause)





Single Arm OH KB Squat x3e