

"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



PVC Squat & Press (option:wall assist) x6

"THE STIFFNESS FIX" | Series A

POST STRETCH

(30 Seconds Each)



Toe-Elevated Ankle Mobs



Side Lying Open Book w/ weight



Side Lying Quad



PVC Elephant Stretch



Banded Knees In



Spider Stretch



Knee Hug Across



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

1/2 Prisoner Squat x6e



2way Warrior (Split Stance) x3e



Tight PVC Overhead Squat (option: wall assist) x8

"THE STIFFNESS FIX" | Series B

POST STRETCH

(30 Seconds Each)



Toe-Elevated Calf Stretch



Spider Stretch w/ Rotation



Kneeling Rectus



Split Hamstring



Deficit Hip Flexor w/ Internal Rotation



SL Band Hamstring Stretch



4pt Hip Stretch



Goddess Position

"THE STIFFNESS FIX" | Series C



KB Windmills x8e



4 Hurdle Mobility (4 drills) x2 rounds



Deficit Hip Flexor w/ Internal Rotation x:15e

Banded Quad



Hip Flexor w/ reach up x:15e

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



Rev. Lunge w/ 2way PVC OH Twist x3e

Single Arm OH KB Squat x3e