

WEEK TWO

FLEXIBILITY & STRENGTH

TFL Ball Release	1 - 2 MINS	1 SET
90/90 Rotations	1 - 2 MINS	
Adductor Squeeze Toe Taps	10 - 12 REPS	2 - 3 SETS
Adductor Assisted Side Plank	20 - 40s	
Bent Knee Side Plank w/ Leg Lift	20 - 40s	
Kneeling TFL / Quad Stretch	1 - 2 MINS	1 SET