

WEEK THREE FLEXIBILITY & STRENGTH			
TFL Ball Release		1 - 2 MINS	1 SET
90/90 Rotations		1 - 2 MINS	
Adductor Squeeze Heel Taps (Bent to Straight)		10 - 12 REPS	2 - 3 SETS
Adductor Side Plank		20 - 40s	
Side Plank		20 - 40s	
Kneeling TFL Stretch		1 - 2 MINS	1 SET