

WEEK ONE FLEXIBILITY & STRENGTH			
TFL Ball Release	1 - 2 MINS	1 SET	
90/90 Rotations	1 - 2 MINS		
Adductor Squeeze	30s ISO + 10 REPS	1 - 3 SETS	
Side Lying Adductor Push	30s ISO + 10 REPS		
Side Lying Adductions	12 - 15 REPS		
Bent Knee Side Plank	20 - 40s		
Kneeling TFL Stretch	1 - 2 MINS	1 SET	