

WEEK ONE

PATTERNING & PRACTICE

Adductor Foam Roll	1 - 2 MINS	1 SET
Lateral Lunges	1 - 2 MINS	
Lying Banded Adductions	8 - 12 REPS	1 - 3 SETS
Standing Crossover	60s	
Crossed to Point	60s	
Single Leg Adductor Rock Back	30 - 60s	1 SET