
STABILIZATION ENDURANCE

WORKOUT 4

Corrective Flexibility: Perform each SMR (self myofascial release) technique for as long as necessary. Remember to hold pressure on hot spots/knots for a minimum of 20-30 sec. If you are short on time focus on just one body part to roll.

Body Part	Time
Calves	30- 60 sec ea. side
IT Band	30- 60 sec ea. side
Quads	30- 60 sec ea. side

Dynamic Warmup: Perform each movement for the prescribed number of repetitions one time through with no rest between movements.

Movement	Repetitions
Walking Lunge w/ Lateral Flexion	6 ea. side
Reverse Walking Lunge w/ Rotation	6 ea. side
Walk Outs w/ zig-zag hops	6 x

Drills: Perform 1-2 sets of each drill with minimal rest between each drill.

Drill	Repetitions
Skipping	20 m.
Side Shuffle	20 m.
Carioca	20 m.
Wall- Load and Lift	6x ea. side
Wall- Alt. Switch	6x

Prehab: Perform each prehab exercise for the prescribed number of repetitions one time through with no rest between exercises.

Movement	Repetitions
Mini-band Abduction	15
Glute Bridge- Single Leg	12 ea.side
Plank w/ Alternating Arm Raise	20
T's and Y's	15

Main Set 1: Perform 2 sets of each exercise in order, with little to no rest between exercises. Between sets, recover for 1 minute.

Exercise	Repetitions
Lateral Step Up to Overhead Press	12 ea. side
SB Push Up/Knee Tuck	15
BOSU 1/4 hops	12-16
Band- Split Squat Chest Press	15

Main Set 2: Perform 2 sets of each exercise in order, with little to no rest between exercises. Between sets, recover for 1 minute.

Exercise	Repetitions
Single Leg Squat	10 ea. side
SB 1- Arm, 1-Leg Row	12 ea. side
KB Dead Lift	20
Pull-Ups	To fatigue

Yoga Strength: Perform the following yoga-flow series 1-2x through on each side)

Pose/Movement	Repetitions
Mountain Pose	10 ea. side
Forward Fold	20
Crescent Lunge	8 ea. side
Crescent Twist	6 ea. side
Crescent Lunge	
Warrior 3	
Crescent Lunge	
Plank	
Knee to Elbow	
Chattaranga	
Upward Facing Dog	
Downward Facing Dog	
Step through to Forward Fold	
Mountain Pose	