

## Active Recovery Workout

### Dynamic Warm up

1. Jumping Jacks [30-45 seconds]
2. Jump Squats [15-20 Reps]
3. Walkouts [10 Reps]
4. Reverse Lunges [10 Reps alternating each side]
5. Side Lunges [10 Reps alternating each side]
6. Arm Flings [30 seconds]
7. Heel Taps [30 seconds]
8. TFL Stretch [8 times alternating each side]
9. Cat-Cows [10 reps]
10. Floor Bridges [30 Reps]
11. Snow Angels [10-15 Reps]

### Core

1. Plank [30-90 secs]
2. Triple Ups [10 Reps]
3. Windshield Wipers [8 Reps alternating each side]

### Body Weight/Balance

1. Single Leg Balance/Reach [10 Reps each side]
2. Push Ups w/Shoulder taps [10 Reps alternating each side]

### Foam Rolling/SMR Recommended Before Static Stretch

### Static Stretches (*Hold each stretch for 30 secs*)

1. Butterfly Sit (relax, close your eyes and take deep, even breaths)
2. Hamstring Leg raise
3. Leg Cross (Half Lord) Glute Stretch
4. Quad Stretch
5. Prone Press up
6. Pidgeon Pose
7. Standing Wall Calf Stretch
8. Hanging Toe Touch (Roll up slowly when completed)