

ALLTRAIN™ General Performance Training

Client Name: CHANGE_RX

Code: AHS CHC 2018 ESD 1.2-6.18

Movement Prep

A1) Foam Roll Glutes x 30-60s ea	B1) Single Leg Hip Extension ISOs 2x8-2s ISO ea
A2) Foam Roll Anterior Shoulder x 30-60s ea	B2) Side Plank 2x25s ea
A3) Foam Roll Single Calf x 30-60s ea	B3) Prone Y W T ISOs 2x15s ea
A4) Supine Leg Swings x8 ea	B4) Quadruped Hip Circles 2x15 ea
A5) Supine Steeple Twist x 8 ea	
A6) Prone Scorpions x8 ea	
A7) Childs Pose to Cobra x8 ea	
A8) Downward Dog to High Plank x8 ea	
A9) 1/2 Kneeling Hip Flexor and Ankle Mobility x8 ea	
A10) Gorilla Squats (Ankle Grab) x8 ea	

Stimulus

Recovery

- E1) Half Pigeon Left - 90s
- E2) Half Pigeon Right - 90s
- E3) Thread the Needle Hold Left - 90s
- E4) Thread the Needle Hold Right - 90s
- E5) Hip Extension on Yoga Bock - 90s