

EXAMPLE MOVEMENT PREPARATION

Follow the plan as it is written. Start with exercises from component 1 through to component 6. If progressions are provided, please begin with progression 1 until you have mastered it, then move to progression 2, and so on.

1

SOFT TISSUE INHIBIT (SELF MYOFASCIAL RELEASE)

- Total Exercises Performed = 4
- Choose 4 exercises from the following Playlist
- Do each exercise for 3-5 deep breaths (30-60 sec)



2

SOFT TISSUE LENGTHENING

- Total Exercises Performed = 1
- Perform 1 exercise from the following Playlist



3

MOBILITY

- Total Exercises Performed = 3 to 5
- Perform 3 to 5 mobility-based exercises that address the hip, thoracic spine (rotation and extension), and ankle

4_A

ACTIVATION

- Total Exercises Performed = 3
- Begin with Progression 1 from each Glute Activation Playlist 1,2 and 3
- Start with 2-3 sets of approximately 10 repetitions.

Glute Activation (Playlist 1): 3 videos



Glute Activation (Playlist 2): 3 videos



Glute Activation (Playlist 3): 3 videos



EXAMPLE MOVEMENT PREPARATION

4_B

ACTIVATION

- Total Exercises Performed = 1
- Begin with Progression 1 from Scapular Activation Playlist 1, 2 and 3.
- Start with 2-3 sets of approximately 10 repetitions.

Scapular Activation (playlist 1)



Scapular Activation (playlist 2)



Scapular Activation (playlist 3)



5

SUBSYSTEM ACTIVATION

- Total Exercises Performed = 4
- Begin with Progression 1 from each of the following Playlists.
- Start with 2-3 sets of approximately 10 repetitions.

Intrinsic Core Stabilization Playlist: 6 videos



Posterior Oblique Subsystem Activation Playlist: 3 videos



Lateral Subsystem Activation Playlist



Anterior Oblique Subsystem Activation playlist



6

NEURAL ACTIVATION

- Total Exercises Performed = 1
- Choose 1 exercise from the following Playlist. Begin with Progression 1.
- Start with 2-3 sets of approximately 10 repetitions.



****For specific and individualized prescription, please connect with your strength and conditioning coach ****