



Prime At Home Program

Exercise Type:							
Breathing	Crocodile Breathing	90/90 Breathing Anterior Expansion	90/90 Breathing Lateral Expansion				
Soft Tissue:	Gastroc	Soleus	Hip Flexors/ Quads	Hamstrings	Glutes	Adductors	
Stretching:	Downward Dog	Ankle Mobs	Hip Flexor Stretch from 1/2 Kneeling	Strap Assist Hams	Glute Stretch Squat	Rocking Adductors	Half Bow Stretch
	***Do more on lowest scoring side						
1) Corrective: Mob	3x8	*Assisted Leg Lowering to Ground					
2) Corrective: SMC	3x8	*1/2k Set-ups (Try inline)					
3) Corrective: DMC	3x8	*Toe Touch Progression					