

PREPARED BY:

<b>CLIENT'S NAME</b> <input type="text"/>		<b>DATE</b> <input type="text"/>			
<b>GOAL</b> Hip Program-Forward Lean		<b>PHASE</b> Corrective			
<b>INHIBIT (Self Myofascial Release)</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>DURATION</b>	<b>COACHING TIP</b>		
Foam Roll: Calf	1	30-60s			
Foam Roll: TFL	1	30-60s			
Foam Roll: Quads	1	30-60s			
<b>LENGTHEN (Static Stretch)</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>DURATION</b>	<b>COACHING TIPS</b>		
Calf Stretch	1-2	30s			
Kneeling Hip Flexor Stretch	1-2	30s			
Ball Ab Stretch	1-2	30s			
<b>ACTIVATE (Isolated Strengthening)</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>TEMPO</b>	<b>REST</b>	<b>COACHING TIPS</b>
Quadruped	1-2	12	Slow	0	
Ball Wall Squats	1-2	12	Slow	0	
Dorsiflexion	1-2	12	Slow	0	
<b>INTEGRATE</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>TEMPO</b>	<b>REST</b>	<b>COACHING TIPS</b>
Squat To Row	1-2	12	Slow	30s	

**Coaching Tips**

- ✓ Perform the Movement Prep program prior to beginning your exercise program.
- ✓ Perform the Movement Prep program on days you are not performing your training program to maintain optimal range of motion and strength.
- ✓ Performing the foam roll and static stretching components of your Movement Prep program immediately after your workout will help with overall recovery and muscle soreness.

*Calf/Soleus	*Anterior Tibialis
*Hip flexor (TFL, Rectus Femoris, Psoas)	*Gluteus Max
*Abdominal Complex	*Erector Spinae