







Warm Up (Before Every Training Session)

Warm Up Exercise	Sets	Time	Notes:
Adductor Stretch	1	30 seconds	
Shoulder Roll	1	-	5 slow big rolls forward, 5 slow big rolls backward
Lateral Flexion Stretch	1	15 seconds	
Hamstring Stretch	1	15 seconds	
Gluteal & Lumbar Rotation Stretch	1	15 seconds	

Warm Up Exercise	Sets	Time	Notes:
Supraspinatus Stretch	1	15 seconds	
Tricep Stretch	1	15 seconds	
Foam Roll (Find tender spot and hold 30 seconds)	1	Calves	
Foam Roll (Find tender spot and hold 30 seconds)	1	Hamstrings	

Warm Up Exercise	Sets	Time	Notes:
Foam Roll (Find tender spot and hold 30 seconds)	1	Lats	
Foam Roll (Find tender spot and hold 30 seconds)	1	Piriformis	
Foam Roll (Find tender spot and hold 30 seconds)	1	TFL(Side of Hips)	
Foam Roll (Find tender spot and hold 30 seconds)	1	Quadriceps	
Steady State Cardio	1	5 minutes	Treadmill, elliptical, bike, etc.