

WORKOUT #4

Foam Roll

Stretch

Circuit #1

Band around the knees squat 3 x 12

Band or cable backwards lunge with row 3 x 8 each side

Band or cable anti-rotation push arms straight out 3 x 10

Circuit #2

Push ups (everything stays tight) 2 x max

Pull ups or band pull downs (engage abs, glutes and shoulder blades) 3 x 10

Walking lunges 2 x 6 each side

Walk a mile