

**1100 LIBERTY ST SE, SUITE 100  
503-500-5727 (CALL OR TEXT)  
MATT@LEADINGEDGESALEM.COM  
WWW.LEADINGEDGESALEM.COM**



## **A-FRAME STRETCH**



**LAY ON YOUR SIDE WITH YOUR KNEES TOGETHER. SLOWLY ROTATE YOUR TOP ARM AND TRUNK OPEN AS FAR AS YOU CAN, HOLD FOR 10 SECONDS AND THEN RETURN. PERFORM 5 ON EACH SIDE.**

## **HIP CIRCLES**



**START ON YOUR HANDS AND KNEES WITH YOUR BACK FLAT. SLIDE ONE ARM ALONG THE FLOOR UNDERNEATH YOU AS FAR AS YOU CAN GO. THEN REVERSE AND ROTATE YOUR UPPER BODY AS FAR AS YOU CAN THE OTHER WAY. 5 EACH SIDE.**

## **SUPPORTED PELVIC TILTS**



**START ON YOUR BACK WITH KNEES BENT AND FEET FLAT ON FLOOR. FEET SHOULD BE WIDER THAN YOUR SHOULDERS. ROTATE BOTH LEGS AS FAR AS YOU CAN TRYING TO GET YOUR KNEES TO THE FLOOR. HOLD FOR 5 SECONDS. PERFORM 5 EACH SIDE.**

## **SUPPORTED PELVIC ROTATION**



**START IN A PUSHUP POSITION, THEN WALK YOUR FEET FORWARD WITHOUT BENDING YOUR KNEES UNTIL YOU FEEL A STRETCH ALONG THE WHOLE BACK OF YOUR LEG. THEN WALK YOUR HANDS BACK OUT INTO A PUSHUP POSITION. 10 REPS.**

## SHOULDER FIGURE FOUR



**HOLD ONTO THE HEAD OF YOUR CLUB WITH THE SHAFT BEHIND YOUR FOREARM. USE YOUR OTHER ARM TO PULL THE HANDLE FORWARD AND ROTATE YOUR ARM BACK UNTIL A STRETCH IS FELT. HOLD FOR 10 SEC. 5 ON EACH SIDE.**

## SOLEUS STRETCH



**HOLD A CLUB OVERHEAD IN A KNEELING POSITION. BRING ONE LEG FORWARD AND ROTATE YOUR BODY TO THE SAME SIDE. FOCUS ON KEEPING YOUR ARMS STRAIGHT OVERHEAD AND YOUR PELVIS LEVEL. PERFORM 5 ON EACH SIDE.**

## SWINGING DOOR SQUAT



**START IN SQUAT POSITION WITH FEET HIP WIDTH APART. TAKE A BIG STEP BACK SO THAT BOTH FEET ARE ROTATED OUTWARD. SLOWLY SQUAT DOWN AS FAR AS YOU CAN AND THEN RETURN TO THE START. PERFORM 5 ON EACH SIDE.**

## OVERHEAD DEEP SQUAT



**FROM A SEATED POSITION, ROTATE YOUR TRUNK TO THE RIGHT AS FAR AS YOU CAN. BEND YOUR TRUNK AS IF YOUR SHOULDER IS MOVING TOWARD THE FLOOR THEN RETURN AND TRY TO ROTATE FURTHER. PERFORM 5 ON EACH SIDE.**