



Pre-Pool

Complete any foam rolling you need to prior to mobility and activation. 30 sec per body part, 2 sets if required.



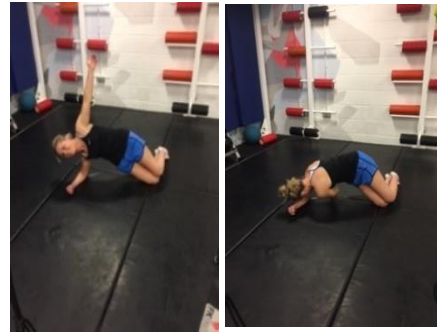
Prayer into Cobra

5 reps of each
2 sets



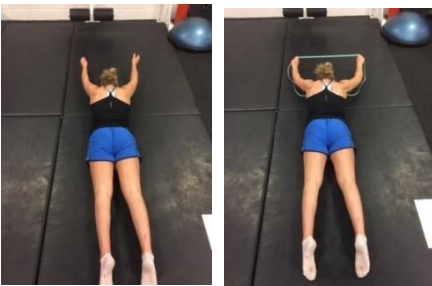
Glute Bridge Squeeze

5 reps with 5 sec hold
2 sets



Side Plank Rotations

8 reps each side
2 sets



Y's + Y band

x 10 no band
x 10 with band



T's + T band

x 10 no band
x 10 with band



W's + W's band

x 10 no band
x 10 with band

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6



3 exercises as a circuit ; x2 sets



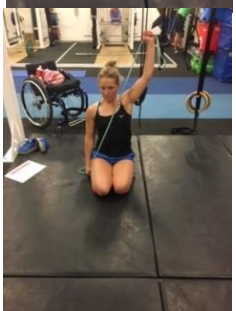
External Rotation

15 reps



Band pull-aparts

15 reps



Diagonal pull-apart

15 reps



90/90 External rotation

12 reps

X 2 sets



Band Row

12 reps

X 2 sets

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