























## RESTORE: The Legs Program – Weeks 3 and 4

Week 3	Day 15	16	17	18	19	20	21
	<p> REST today....or finish up any prep to set up a great week of "training."</p> <p> Spend today reviewing everything you have learned about the program AND about yourself to this point. Practice, practice, practice. Remember, this is PREPARATION for what's to come.</p>	<p> Warm-Up and Prep: Do some Short Foot, Barefoot dynamic proprioception and balance, and toe/heel walking. Then do some bodyweight RFESS reps to ease into this set. Training Goal: Block 1: RFESS + Straight Leg Calf Raises.</p> <p> As time allows, do some foot and toe mobility and of course, some Short Foot and Balance/Proprioception training.</p>	<p> Go to STEP 3: The Hamstrings. Let's get into some Hamstring: Injury Prehab Training. Review these two movements (Knee Extenders and The Slide). Begin to learn and practice.</p>	<p> Training Goal#1: Go to STEP 3: The Hamstrings - Training. Let's learn and practice the Single Leg Deadlift. Spend as much time as you need to start to pattern this without load.</p> <p> Training Goal #2: Go to...STEP 2: The Calves. *Start with Mobility - Pails and Rails. Learn how to stretch this area and also assess your present level of flexibility.</p>	<p> Go back to...STEP 1: The Feet. Your goal today is to go to Barefoot Training: Balance and Small Nerve Proprioception. Begin with single leg balance practice. Then watch and begin learning the first two dynamic proprioception drills. Remember that they both begin with Short Foot!</p>	<p> Warm-Up and Prep: Do some Short Foot, Barefoot dynamic proprioception and balance, and toe/heel walking. Then do some bodyweight RFESS reps to ease into this set. Training Goal: Block 1: RFESS + Straight Leg Calf Raises.</p>	<p> Training Goal #1: From the Follow-Along Training Circuits, do CIRCUIT #1: Knee Extenders - Bodyweight RFESS - Posterior Plank!</p> <p> Training Goal #2: STEP 3 - The Hamstrings. Today let's go to the Hamstring: PAILS and RAILS and Soft Tissue Care.</p>
Week 4	Day 22	23	24	25	26	27	28
	<p> REST today....or finish up any prep to set up a great week of "training."</p> <p> Spend today reviewing everything you have learned about the program AND about yourself to this point. If you haven't yet taken a look at the Bent Knee Calf Raises, do that today. You'll train these next week.</p>	<p> Warm-Up and Prep: Do some Short Foot, Barefoot dynamic proprioception and balance, and toe/heel walking. Then do some bodyweight RFESS reps to ease into this set. Training Goal: Block 1: RFESS + Straight Leg Calf Raises.</p>	<p> Go to STEP 3: The Hamstrings - Training. Let's again practice the Single Leg Deadlift. Spend as much time as you need to start to pattern this without load. When you've wrung that practice time out, do one set each of Hamstring: Injury Prehab Training (Knee Extenders and The Slide).</p> <p> As time allows, do some foot and toe mobility and of course, some Short Foot and Balance/Proprioception training.</p>	<p> Training Goal#1: Go to STEP 3: The Hamstrings - Training. Let's learn and practice the Swiss Ball Bridge and Curl. Remember your mini band!</p> <p> Training Goal #2: Go to...STEP 2: The Calves. *Start with Mobility - Pails and Rails. Learn how to stretch this area and also assess your present level of flexibility. If time allows, do some Short Foot and Dynamic Balance Drills training.</p>	<p> Training Goal #1: From the Follow-Along Training Circuits, do CIRCUIT #1: Knee Extenders - Bodyweight RFESS - Posterior Plank!</p>	<p> Warm-Up and Prep: Do some Short Foot, Barefoot dynamic proprioception and balance, and toe/heel walking. Then do some bodyweight RFESS reps to ease into this set. Training Goal: Block 1: RFESS + Straight Leg Calf Raises.</p>	<p> Training Goal #1: From the Follow-Along Training Circuits, do CIRCUIT #2: Bodyweight RFESS - Swiss Ball Bridging - The Slide</p> <p> Training Goal #2: STEP 3 - The Hamstrings. Today let's go to the Hamstring: PAILS and RAILS and Soft Tissue Care.</p>