























RESTORE: The Legs Program – Weeks 7 and 8

Week 7	Day 43	44	45	46	47	48	49
	<p> REST today....or finish up any prep to set up a great week of "training."</p> <p> Training Goal: If time allows, go to the Performance Portal in the "Follow Along Video Series," and do the 7 1/2-minute Hip and Spine Stretch Routine.</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 2: RFESS + BENT KNEE Calf Raises.</p>	<p> Training Goal #1: From the Follow-Along Training Circuits, do CIRCUIT #4: Knee Extenders - The Slide - Single Leg Deadlift</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> 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 2: RFESS + BENT KNEE 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> Training Goal #1: From the Follow-Along Training Circuits, do CIRCUIT #3: Short Foot - Posterior Plank - Swiss Ball Bridging and Curling</p> <p> Training Goal #2: If time allows, go to the Performance Portal in the "Follow Along Video Series," and do the 30-minute Run Specific Stretch Routine.</p>
Week 8	Day 50	51	52	53	54	55	56
	<p> REST today....or finish up any prep to set up a great week of "training."</p> <p> Training Goal: If time allows, go to the Performance Portal in the "Follow Along Video Series," and do the 7 1/2-minute Hip and Spine Stretch Routine.</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 3: RFESS Oscillating.</p>	<p> Training Goal #1: From the Follow-Along Training Circuits, do Circuit #5: Posterior Plank - Calf Raises - Swiss Ball Bridging/Curling (8:28 - Level 3)</p> <p> Training Goal #2: If time allows, go to the Performance Portal in the "Follow Along Video Series," and do the 30-minute Run Specific Stretch Routine.</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 3: RFESS Oscillating.</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: From the Follow-Along Training Circuits, do CIRCUIT #3: Short Foot - Posterior Plank - Swiss Ball Bridging and Curling</p> <p> Go to...BONUS #2 - Mobility and SMR, and review - practice - learn the 3-video set to improve leg mobility and tissue vitality: 1. Wounded Warrior, 2. Leg SMR, 3. Lateral Line Mobility Drills.</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 3: RFESS Oscillating.</p> <p> Training Goal #2: Go to...STEP 2: The Calves. Pails and Rails. Go through as much of this as you can. If time allows, do some Short Foot and Dynamic Balance Drills training.</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>