





## RESTORE: The Legs Program – Weeks 5 and 6

Week 5	Day 29	30	31	32	33	34	35
	<p></p> <p>REST today....or finish up any prep to set up a great week of "training."</p>	<p>↔</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>↔</p> <p>Training Goal #1: From the Follow-Along Training Circuits, do CIRCUI #2: Bodyweight RFESS - Swiss Ball Bridging - The Slide</p> <p></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>↔</p> <p>Training Goal #1: From the Follow-Along Training Circuits, do CIRCUI #3: Short Foot - Posterior Plank - Swiss Ball Bridging and Curling</p> <p></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>↔</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>↔</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>↔</p> <p>Training Goal #1: From the Follow-Along Training Circuits, do CIRCUI #4: Knee Extenders - The Slide - Single Leg Deadlift</p> <p>↔</p> <p>Training Goal #2: 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>
Week 6	Day 36	37	38	39	40	41	42
	<p></p> <p>REST today....or finish up any prep to set up a great week of "training."</p>	<p>↔</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>↔</p> <p>Training Goal #1: From the Follow-Along Training Circuits, do CIRCUI #3: Short Foot - Posterior Plank - Swiss Ball Bridging and Curling</p> <p></p> <p>As time allows, do some foot and toe mobility and of course, some Short Foot and Balance/Proprioception training.</p>	<p>↔</p> <p>Training Goal #1 - 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>↔</p> <p>Training Goal #2: 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>↔</p> <p>Training Goal #1: From the Follow-Along Training Circuits, do CIRCUI #4: Knee Extenders - The Slide - Single Leg Deadlift</p>	<p>↔</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></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>↔</p> <p>Training Goal #1: From the Follow-Along Training Circuits, do CIRCUI #2: Bodyweight RFESS - Swiss Ball Bridging - The Slide</p> <p>↔</p> <p>Training Goal #2: 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>