













RESTORE: The Hips Program – Mobility – 10 Week Plan

Week 10

Week 10	Day 64	65	66	67	68	69	70
	<p> You may benefit from some REST today and a short break from this process to re-energize. If time allows today and you are ready, do go through Hip CARs.</p> <p> If time allows, in the Performance Portal, go to the: Follow-Along Run Specific Passive Stretch-Spine & Hips</p>	<p> Today is a PAO TRAINING DAY. Perform some PAILS and RAILS for your PAO.</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>	<p> Take a day OFF today from any Hip Mobility training. If time allows, do some light passive stretching to stay loose and feel good.</p>	<p> Go to BONUS #5 CARs - Advanced Variations: Select "Advanced Variation #1: Prone Hip CARs." This is challenging. Do your best with this for a few minutes, chunking as necessary. Then...</p> <p> Go to Training Axial Rotation of the Hip, under STEP 2. Spend some time today training AXIAL rotation, first in Quad and then if time and energy allow, in Elevated PIGEON.</p>	<p> ...Go to BONUS #3 Follow Along Videos: Videos 4 and 5 - "Wounded Warrior + Lateral Line Mob Drills."</p>	<p> Go to BONUS #1 Video Tutorials on Tissue Care: Select the "Lateral Line: Hip - IT Band - Quad SMR. Then..."</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>	<p> Today is a PAO TRAINING DAY. Perform some PAILS and RAILS for your PAO.</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>