













RESTORE: The Hips Program – Mobility – 10 Week Plan

Week 3

Week 3	Day 15	16	17	18	19	20	21
	 <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>Today is a PAO TRAINING DAY. Perform some PAILS and RAILS for your PAO. (In BONUS #3, you will find "follow-along" videos for a variety of PAILS/RAILs. Use these if it helps!)</p>	 <p>Actively focus on recovery today. You have a nice opportunity for a complete day of REST from mobility training.</p>	 <p>Today is a PAO TRAINING DAY. Perform some PAILS and RAILS for your PAO.</p>	 <p>Go to BONUS #1 Video Tutorials on Tissue Care: Select the "Piriformis / Deep Six Rotators: SMR, Passive Stretch, and PAILS-RAILs"</p>	 <p>Under STEP 2, go to...Long Adductor (Inside of the hip) PAILS and RAILS. Spend some time today learning and training this area of the hip and leg complex.</p>	 <p>Today is a PAO TRAINING DAY. Perform some PAILS and RAILS for your PAO.</p>
		 <p>Daily Ritual - Hip CARs. (Spend some time this week reading about the HIP CARs continuum. Your "daily ritual" should be on the lower end of the continuum. When you are training CARs, you want to be at the upper end of the continuum).</p>		 <p>Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>	 <p>As time allows - In the Performance Portal, GO THROUGH the 30 minute Run-Specific: Passive Stretch + Mobility</p>	 <p>Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>	 <p>Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>