















RESTORE: The Hips Program – Mobility – 10 Week Plan

Week 4

Week 4	Day 22	23	24	25	26	27	28
	<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> 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> Go to BONUS #1 Video Tutorials on Tissue Care: Select the "Lateral Line: Hip - IT Band - Quad SMR. Then...</p> <p> ...Go to BONUS #3 Follow Along Videos: Videos 4 and 5 - "Wounded Warrior + Lateral Line Mob Drills."</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> Go to...BONUS #4: Two whole body stretches - Bretzel 1.0 and 2.0. Which is more beneficial for you at this point? That's a question you'll want to answer as you move forward.</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</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> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</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> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>