
















RESTORE: The Hips Program – Mobility – 10 Week Plan

Week 5

Week 5	Day 29	30	31	32	33	34	35
	 <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.</p>	 <p>Under STEP 2, go to...Long Adductor (Inside of the hip) PAILs and RAILs. Spend some time today 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>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>Today is a PAO TRAINING DAY. Perform some PAILs and RAILs for your PAO.</p>	 <p>Under STEP 2, go to...the FROG. Learn about this movement and perform some PAILs and RAILs. Then...</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>	 <p>Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>	 <p>If time allows, in the Performance Portal, go to the: Follow-Along Run Specific Passive Stretch-Spine & Hips</p>	 <p>Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>	 <p>...after FROG, go to BONUS #1 Video Tutorials on Tissue Care: Select the "Piriformis / Deep Six Rotators: SMR, Passive Stretch, and PAILs-RAILs"</p>
		 <p>As time allows: 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>