















RESTORE: The Hips Program – Mobility – 10 Week Plan

Week 9

Week 9	Day 57	58	59	60	61	62	63
	 <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>Day off with some light stretching...</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>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>	 <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>Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>