

WARMUP 2-3 SETS (~2 min rest between sets)	REPS	Notes:
1. Banded 'Monster Walk' (Lateral/Forward/Back)	x10 ea.side	band around ankles (harder), above knees (easier), both (hardest)
2. Reverse Lunge w. figure four hip stretch	x10 ea.side	can use a wall, car or ski pole to help with balance.
3. Clamshells (w. or without a band) standing or laying down	x10 ea. side	
4. Side lunge back and forth (staying low)	x8 ea. side	
5. 90/90s and/or 90/90 w. Foot Lift	x10 ea. side	if you are in the parking lot, you can substitute 'gate openers/closers'
6. Greatest stretch		