



## Recovery Day Workout

Cardio should be low Impact and low Intensity

Complete 2-3 sets of each mobility/core exercise

Remember to do exercises on both sides!

1) Cardio (walk, jog, cycle, swim) – 15 – 30min



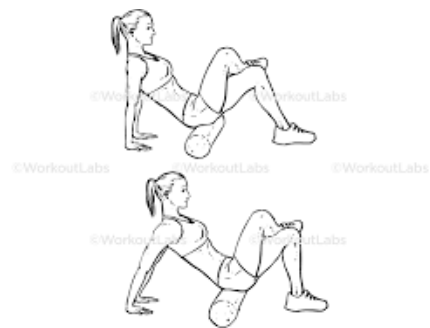
2) Child's Pose – 20s



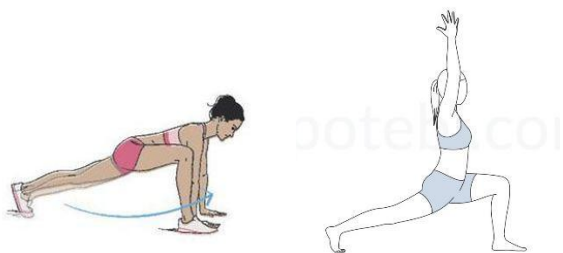
3) Lunge Hip Stretch – 20s



4) Glute Rolling – 20s



5) Spiderman Stretch to High Lunge – 10 reps



6) Inch Worm – 10 reps



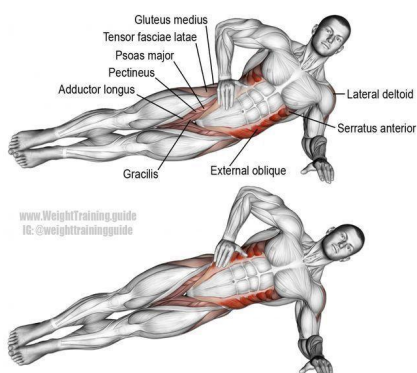
7) Shoulder Pass Through – 10 reps



8) Quadruped Hip Extension – 10 reps



9) Side Plank Hip Lift – 10 reps



10) Hip Bridge with March – 10 reps

