

I2P Bolivia Pre-Strength Prep and Post Activity Flexibility

Warm Up and Mobility/Prep Work (prior to Strength routine)	Sets	Repetitions
General Warm-Up: 5 to 10 minutes light aerobic activity (i.e bike/jog)	N/a	N/a
Movement Preparation (following General Warm-Up, prior to Strength)		
1. Hip Stability/Mobility Sequence. Maintain good alignment and stability. Stay within a comfortable range of motion. At each point where a light stretch is felt – hold for approximately 3 seconds before continuing through the sequence. Keep core engaged throughout	1	3 to 6 circuits each side
2. Traveling Spiderman. Stay within a comfortable range of motion (you should feel a light stretch as you “open up” the hip). Keep core engaged to assist in maintaining neutral spine while in the plank (push up position).	2	10 reps at a slow/controlled tempo
3. Cuban Press to Overhead Squat. Use Broom stick only. Stay within a comfortable range of motion (stay within comfortable limits with respect to flexibility in the muscles/tissue involved with the shoulders, back, hips, knees). Keep core engaged throughout.	2	10 reps at a slow/controlled tempo
4. Inchworm with Push Up to Rotation. Keep core engaged, maintain good alignment. Stay within a comfortable range of motion (you should feel a light stretch in the hamstrings/calves). Keep core engaged to assist in maintaining neutral spine while in the plank (push up position). While performing the rotation engage core to keep pelvis/spine “locked” as one (i.e. the upper half and lower half of the body should move together)	2	6 to 12 reps at a slow/controlled tempo
5. Single Leg Anterior Reach. Maintain good alignment and stability. Focus on glute contraction upon return to upright. At the bottom most position you should feel a light stretch in the hamstring.	2	15 reps at a controlled tempo
6. Multi-Direction Body Weight Lunge. Maintain good alignment and control. Focus on quality of movement – you may have to work through the circuit slow and deliberate. Over time, increase the dynamic nature of the lunges while still maintaining control and alignment	1	3 to 6 circuits each side
Flexibility – following Strength/Stability Routine – and may be performed daily. Stay within a comfortable range		
A. Half Kneeling Hip Flexor Rope Stretch	2	30 to 40 sec holds, each side
B. Lying Figure 4 Glute Stretch	2	30 to 40 sec holds, each side
C. Lying Hamstring-Peroneal Rope Stretch	2	30 to 40 sec holds, each side
D. Seated Calf Rope Stretch or Standing Calf Stretch	2	30 to 40 sec holds
E. Bowing Kneeling Side Bend Stretch	2	30 to 40 sec holds, each side
F. Chest Wall Stretch	2	30 to 40 sec holds, each side

There should be no pain or symptoms associated with the performance of any exercise. If pain presents, stop the activity at once.