
















## RESTORE: The Hips Program – Mobility – Week 3

Week 3	Day 15	16	17	18	19	20	21
	<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. (In BONUS #3, you will find "follow-along" videos for a variety of PAILS/RAILs. Use these if it helps!)</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>	<p> Go to BONUS #1 Video Tutorials on Tissue Care: Select the "Lateral Line: Hip - IT Band - Quad SMR. Then..."</p> <p> Go to BONUS #3 Follow Along Videos: Videos 4 and 5 - "Wounded Warrior + Lateral Line Mob Drills."</p> <p> Daily Ritual - Hip CARs. (Spend some time this week reading about the HIP CARs continuum. Your "daily ritual" should be on the lower end of the continuum. When you are training CARs, you want to be at the upper end of the continuum).</p>	<p> Today is a PAO TRAINING DAY. Perform some PAILS and RAILS for your PAO.</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>	<p> 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 - In the Performance Portal, GO THROUGH the 30 minute Run-Specific: Passive Stretch + Mobility</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>	<p> Today is a PAO TRAINING DAY. Perform some PAILS and RAILS for your PAO.</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>	<p> Go to Training Axial Rotation of the Hip, under STEP 2. Spend some time today training AXIAL rotation, first in Quad and then if time and energy allow, in Elevated PIGEON.</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>