















RESTORE: The Hips Program – Mobility – 10 Week Plan

Week 6

Week 6	Day 36	37	38	39	40	41	42
	 <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>Go to BONUS #1 Video Tutorials on Tissue Care: Select the "Lateral Line: Hip - IT Band - Quad SMR. Then...</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>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>Under STEP 2, go to...the FROG. Learn about this movement and perform some PAILS and RAILS. Then...</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 #3 Follow Along Videos: Videos 4 and 5 - "Wounded Warrior + Lateral Line Mob Drills."</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>...after FROG, go to BONUS #1 Video Tutorials on Tissue Care: Select the "Piriformis / Deep Six Rotators: SMR, Passive Stretch, and PAILS-RAILs"</p>
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