















RESTORE: The Hips Program – Mobility – 10 Week Plan

Week 7

Week 7	Day 43	44	45	46	47	48	49
	<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> As time allows - In the Performance Portal, GO THROUGH the 30 minute Run-Specific: Passive Stretch + Mobility</p>	<p> Today is a PAO TRAINING DAY. Perform some PAILS and RAILS for your PAO.</p> <p> Daily Ritual - Hip CARs: Each time you PERFORM HIP CARs, it is essentially an assessment. With repetition and practice, are you better able to get closer to your outer most range of motion?</p> <p> As Time Allows - Go to BONUS #1 Video Tutorials on Tissue Care: Select the "All Things TFL (Tensor Fasciae Latae). Go through this.</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> 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> As time allows: Go to...BONUS #4: Two whole body stretches - Bretzel 1.0 and 2.0. Which is more beneficial for you at this point? That's a question you'll want to answer as you move forward.</p>	<p> Daily Ritual - Hip CARs. (Remember your 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> 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> Under STEP 2, go to...Long Adductor (Inside of the hip) PAILS and RAILS. Spend some time today learning and training this area of the hip and leg complex. Then...</p> <p> ...Go to BONUS #5 CARs - Advanced Variations: Select "Advanced Variation #2: Hip CARs in a hip-hinged position." This is challenging. Focus today on learning and segmental practice. #chunkit</p>