

BODY WEIGHT FLUSH RECOVERY

- THIS IS AN ACTIVE MOBILITY/RECOVERY SESSION COMBINING ELEMENTS OF YOGA, FRC, CALISTHENICS
- PROMOTES MOBILITY ALONG WITH STRENGTH, FLEXIBILITY AND CONTROL
- IT'S NOT DESIGNED TO BE 'HARD' BUT IT DOES OPEN THE HIPS AND LUMBAR AREA – KEY FIELD/BOUNDARY UMPIRE AREAS
- YOU MAY NOT HAVE GREAT RANGE TO START BUT THOSE WHO CONSISTENTLY UTILISE WILL SEE RAPID IMPROVEMENT

DUCK WALKS

10M UP/BACK

LATERAL SQUAT AND REACH WALK

10M LEFT/ 10M RIGHT

REVERSE DUCK WALK

10M UP/BACK

INCHWORM TO PUSHUP

10M UP/BACK

DEEP SQUAT AND ROTATE WALK

10M UP/BACK

DONE! 😊