

Raise (2 Mins 30 Secs)

Skipping
Jogging
High Knee's
Heel Flicks
Side Steps
Mountain Climbers
Spiderman Switches

Activate (5 Mins)

Glute Bridge
Side Lying Clams
Serratus Punch
Standing Rotation
Superman
Standing Internal Shoulder Rotation (Band)
Standing External Shoulder Rotation (Band)
Side Lying leg Lifts
Sword Draw (Band)
Dead Bugs

Mobilise (7 Mins)

Upper Trapezius
Neck Rotations (Sitting or Standing)
Standing Streamlines
Wall/Floor Slides
Shoulder Internal & External Rotation
Sitting Thoracic Rotation (Hands on Head)
Thoracic Rotation (4 Point Position)
Thoracic Openings (Lay on Back)
Hip Internal Rotation (on Front)
Hip Lateral Lunges
Hip Flexor Lunges
Standing Calf Lunge
Calf Raises
Knee Extension
Spiderman Alternating Open Ups
Dynamic Figure 4 Stretch

Prime (30 Secs)

Press ups
Jump Lunge
Squat Jumps
Standing Row (Band)
Med Ball Slam



RMAP