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Program Name	Refinery29 Clean Slate - Week 2
Program Description	<p>Inspired by my BBG Beginner program, this full-body workout program is designed to help you get active and get moving this new year. These workouts are all 28-minutes in length and are ideal if you are short on time or just want to get your workout done for the day - best of all you can do them anywhere, anytime.</p> <p>This BBG Beginner workout is made up of two circuits that contain four exercises each. Set a timer for seven minutes and complete the movements in Circuit 1, taking a 30-second rest at the end of each lap so you can maintain your form throughout the whole workout.</p> <p>Rest for 60 seconds before beginning Circuit 2. Repeat both circuits again for a full 28-minute workout!</p> <p>TIP: Short on time? Complete Circuit 1 and Circuit 2 for a quick 14 minute full-body workout.</p>
Workout Duration	28 minutes

5-Day Planner

Day 1	Day 2	Day 3	Day 4	Day 5
Full Body	Full Body Recovery	Legs	Lower Body Recovery	Arms & Abs

Equipment

Dumbbells	Chair	Recovery Band
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ARMS & ABS - BBG Beginner Workout - 28 minutes

Phase / Section	Exercise Name	Reps	Sets
Circuit 1	Single-Arm Seated Row (Rec. Band, Neutral Grip)	16 reps (8 per side)	Complete as many laps as possible in 7 minutes.
	Bent-Leg Raise	12 reps	
	Alternating Bicep Curl (Dumbbells)	16 reps (8 per side)	
	Incline Plank Rocks (Chair)	12 reps	
	<i>Rest</i>	30 sec	
Circuit 2	Lay-Down Push-Up (Knees)	12 reps	Complete as many laps as possible in 7 minutes.
	Heel Taps	20 reps (10 per side)	
	Bent-Over Reverse Fly (Dumbbells)	12 reps	
	Incline Mountain Climber (Chair)	20 reps (10 per side)	
	<i>Rest</i>	30 sec	

Exercise Images & Instructions

Seated Single-Arm Row (Rec. Band, Neutral Grip)

Step 1

While seated on a yoga mat, extend both legs out in front of you with your feet flexed. Wrap the recovery band around the bottom of your feet so that you are holding one end of the band in each hand. Ensure that the recovery band is in good condition and securely anchored around your feet to avoid injury. You could also press your feet against a sturdy object to help keep the band in place.

Sit up tall and draw your shoulder blades down and back to push your chest out. Extend your arms in front of you so that you are holding the ends of the band with a neutral grip (palms facing inwards). This is your starting position.

Step 2

Inhale.

Exhale. While maintaining a proud chest, keep your left arm extended and bend your right elbow to pull the end of the band in towards your right side, ensuring that your elbow remains in close contact with the side of your body. You should feel a small squeeze between your shoulder blades.

Step 3

Inhale. Extend your arm to return to the starting position.

Complete half of the specified repetitions on the same side before completing the remaining repetitions on the other side.

Bent-Leg Raise

Step 1

Start by lying on your back on a yoga mat with your hands beneath your coccyx. Engage your abdominal muscles by drawing your belly button in towards your spine and elevate your legs off the mat slightly. This is your starting position.

Step 2

Inhale. Bend your knees and using your abdominals, draw them in towards your chest, ensuring that your feet stay together.

Step 3

Exhale. Slowly extend your legs to return to the starting position.

Repeat for the specified number of repetitions.

Alternating Bicep Curl (Dumbbells)

Step 1

Holding a dumbbell in each hand in a neutral grip (palms facing inward), plant both feet on the floor hip-width apart. This is your starting position.

Step 2

Inhale.

Exhale. While keeping your upper arm as still as possible, bend your right elbow and gradually rotate your wrist outwards to bring the dumbbell up towards your right shoulder.

Step 3

Inhale. Extend your right elbow and rotate your wrist inwards to return to the starting position.

Step 4

Exhale. While keeping your upper arm as still as possible, bend your left elbow and gradually rotate your wrist outwards to bring the dumbbell up towards your left shoulder.

Step 5

Inhale. Extend your left elbow and rotate your wrist inwards to return to the starting position.

Continue alternating between right and left for the specified number of repetitions.

Incline Plank Rocks (Chair)

Step 1

Place your forearms (wrist to elbow) firmly on a chair, ensuring that your elbows are directly below your shoulders. Extend both legs behind you, resting on the balls of your feet. Brace your core and ensure that your spine remains in a neutral position. This is your starting position.

Keeping your core engaged, rock your entire body forward coming more onto your toes, allowing your shoulders to move past your elbows. Return back to the starting position. Try to prevent your hips from dropping throughout the movement, ensuring you are breathing deeply throughout. You should feel tension in your abdominals during the movement.

Repeat for the specified amount of repetitions or time.

Lay-Down Push-Up (Knees)

Step 1

Place both hands on the mat slightly further than shoulder-width apart, and your feet together on the mat behind you, resting on your knees. This is your starting position.

Step 2

Inhale. While maintaining a neutral spine, bend your elbows and lower your torso to the mat.

Step 3

Extend both arms out in front of you. Bring your arms in towards your body and place your hands on the mat on either side of your chest.

Step 4

Exhale. Push through your chest and extend your elbows to lift your body back into the starting position.

Repeat for the specified number of repetitions.

Heel Taps

Step 1

Start by lying flat on your back on a yoga mat with your arms by your sides. Bend your knees and position your feet firmly on the mat hip-width apart. Slowly lift your head and shoulder blades and arms off the floor and engage your abdominal muscles by drawing your belly button in towards your spine. This is your starting position.

Step 2

Bend your torso to the right to allow your right hand to touch your right ankle.

Step 3

Return to starting position and bend your torso to the left to allow your left hand to touch your left ankle.

Continue alternating between right and left for the specified number of repetitions, inhaling for four repetitions and exhaling for four repetitions.

Bent-Over Reverse Fly (Dumbbells)

Step 1

Holding one dumbbell in each hand, plant both feet on the floor shoulder-width apart.

Hinge forwards from your hips so that your torso is parallel to the floor. Bend your knees slightly and extend your arms to hold the dumbbells directly below your chest. This is your starting position.

Step 2

Inhale.

Exhale. While maintaining a slight bend in your elbows, raise the dumbbells outwards and upwards from below your chest until they reach shoulder height. You should feel a small squeeze between your shoulder blades.

Step 3

Inhale. Gently lower the dumbbells to return to the starting position.

Repeat for the specified number of repetitions.

Incline Mountain Climber

Step 1

Place a chair in front of you.

Place both hands on the chair shoulder-width apart and keep both feet together behind you, resting on the balls of your feet. This is your starting position.

Step 2

Keeping your left foot on the floor, bend your right knee and bring it in towards your chest. Extend your right leg to return to the starting position.

Step 3

Keeping your right foot on the floor, bend your left knee and bring it in towards your chest. Extend your left leg to return to the starting position.

Continue alternating between right and left for the specified number of repetitions, inhaling for four mountain climbers and exhaling for four mountain climbers.

LEGS - BBG Beginner Workout - 28 minutes

Phase / Section	Exercise Name	Reps	Sets
Circuit 1	Goblet Squat (Dumbbell)	12 reps	Complete as many laps as possible in 7 minutes.
	Reverse Lunge & Knee-Up	16 reps (8 per side)	
	In & Out Plank	10 reps	
	Single-Leg Glute Bridge	16 reps (8 per side)	
	<i>Rest</i>	30 sec	

Circuit 2	Double-Pulse Squat	12 reps	Complete as many laps as possible in 7 minutes.
	Romanian Deadlift (Dumbbells)	12 reps	
	Glute Kickback	16 reps (8 per side)	
	Extended Side Plank (Knees)	40 sec (20 per side)	
	<i>Rest</i>	30 sec	

Exercise Images & Instructions

Goblet Squat (Dumbbell)

Step 1

Holding a dumbbell with both hands directly in front of your chest, plant both feet on the floor slightly further than shoulder-width apart. This is your starting position.

Step 2

Inhale. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between a 45- to 90-degree angle to your hips.

Step 3

Exhale. Push through your heels and extend your knees to return to the starting position.

Repeat for the specified number of repetitions.

Reverse Lunge & Knee-Up

Step 1

Plant both feet on the floor shoulder-width apart. This is your starting position.

Step 2

Inhale. Carefully take a big step backwards with your right foot. As you plant your foot on the floor, bend both knees to approximately 90 degrees, ensuring that your weight is evenly distributed between both legs. If done correctly, your front knee should be aligned with your ankle and your back knee should be hovering just off the floor.

Step 3

Exhale. Extend both knees and transfer your weight onto your left foot. At the same time, elevate your right foot to bring your knee into your chest.

Step 4

Inhale. Lower your right leg to return to the starting position, but without resting your foot on the mat.

Complete half of the specified repetitions on the same side, before repeating the remaining repetitions on the other side.

In & Out Plank

Step 1

Start by placing your forearms (wrist to elbow) firmly on the mat, ensuring that your elbows are

directly below your shoulders. Extend both legs behind you and elevate your hips off the mat, resting on the balls of your feet, with your feet together. Brace your abdominals and ensure that your spine remains in a neutral position. This is your starting position.

Step 2

While keeping your hips as still as possible, step your left foot outwards slightly, followed by your right foot, so that your feet are hip-width apart.

Step 3

While keeping your hips as still possible, step your left foot inwards, followed by your right foot, to return to the starting position.

Repeat for the specified amount of time.

Single-Leg Glute Bridge

Step 1

Lie flat on your back on a yoga mat. Bend your right knee and position your foot firmly on the mat, extending your left leg directly in front of you or to the ceiling, ensuring your spine is in a neutral position. Allow your arms to rest by your sides on the mat. This is your starting position.

Step 2

Inhale.

Exhale. Press your left heel into the mat, activate your glutes and raise your pelvis off the floor until your body forms one straight line from chin to knee, resting on your shoulders.

Step 3

Inhale. Lower your pelvis to return to the starting position.

Complete half of the specified repetitions on the same side before completing the remaining repetitions on the other side.

Double-Pulse Squat

Step 1

Plant both feet on the floor shoulder-width apart. This is your starting position.

Step 2

Inhale. Looking straight ahead, bend at both the hips and knees, ensuring that your knees remain in line with your toes. Continue bending your knees until your upper legs are parallel with the floor. Ensure that your back remains between a 45- to 90-degree angle to your hips. This is called full squat position.

Step 3

Push through your heels and extend your legs slightly. Bend your knees to return to full squat position.

Step 4

Exhale. Push through your heels and extend your legs to return to the starting position.

Repeat for the specified number of repetitions.

Romanian Deadlift

Step 1

Holding a dumbbell in each hand with an overhand grip (palms facing towards your body) in front of your legs, plant both feet on the floor shoulder-width apart. Draw your shoulder blades down and back to push your chest out slightly. This is your starting position.

Step 2

Inhale. Bend your knees slightly and set this as a fixed angle. Without changing the angle of your knees, hinge forwards from your hips and allow the dumbbells to run along the length of your thighs and halfway down your shins. Ensure that you maintain a proud chest and that your head is an extension of your spine. You should feel tension in your hamstrings (back of your legs).

Step 3

As you reach halfway down your shins, exhale. Push through your heels and, using your glutes and hamstrings, extend your knees and hips to return to the starting position. Ensure that the dumbbells remain in contact with your legs.

Repeat for the specified number of repetitions.

Glute Kickback

Step 1

Starting on all fours on a yoga mat, ensure that your knees are below your hips and your hands are below your shoulders. Set your spine in a neutral position and draw your shoulder blades down and back. This is your starting position.

Step 2

Inhale.

Exhale. Release and extend your left leg backwards and upwards until it is in line with your spine, ensuring that your toes remains pointed.

Step 3

Inhale. Bend your knee and lower your left leg to return to the starting position, but without resting your knee on the mat.

Complete half of the specified repetitions on the same side, before repeating the remaining repetitions on the other side.

Extended Side Plank (Knees)

Step 1

Start by lying lengthways on your left side along a yoga mat. Place your left forearm firmly on the floor, ensuring that your elbow is directly below your shoulder and that your forearm is parallel to (in line with) the short edge of your mat.

Bending your left knee, extend and elevate your right leg to hip height, ensuring your torso is in a straight line. Gently draw your ribs to your hips to engage your core and using your obliques, gently raise your hips off the mat and extend your right arm above your head.

Hold this position for the specified amount of time, breathing deeply throughout.

FULL BODY - BBG Beginner Workout - 28 minutes

Phase / Section	Exercise Name	Reps	Sets
Circuit 1	Glute Bridge	12 reps	Complete as many laps as possible in 7 minutes.
	Push-Up (Knees)	12 reps	
	Static Lunge	16 reps (8 per side)	
	Split Squat	10 reps	
	<i>Rest</i>	30 sec	
Circuit 2	X Plank	16 reps (8 per side)	Complete as many laps as possible in 7 minutes.
	Seated Row (Neutral, Rec Band)	12 reps	
	Tricep Dip (Chair)	12 reps	
	High Knees	20 reps (10 per side)	
	<i>Rest</i>	30 sec	

Exercise Images & Instructions

Glute Bridge

Step 1

Start by lying flat on your back on a yoga mat. Bend your knees and position your feet firmly on the mat, ensuring that they are hip-width apart and your spine is in a neutral position. Allow your arms to rest by your sides on the mat. This is your starting position.

Step 2

Inhale.

Exhale. Press your heels into the mat, activate your glutes and raise your pelvis off the floor until your body forms one straight line from chin to knee, resting on your shoulders.

Step 3

Inhale. Lower your pelvis to return to the starting position.

Repeat for the specified number of repetitions.

Push-Up (Knees)

Step 1

Place both hands on the mat slightly further than shoulder-width apart, feet together on the mat behind you while resting on your knees. This is your starting position.

Step 2

Inhale and brace your core. While maintaining a neutral spine, bend your elbows and lower your torso towards the mat until your arms form two 90-degree angles.

Step 3

Exhale and push through your chest and extend your elbows to lift your body back into the starting position. Ensure you are pressing away from the mat as much as possible.

You should feel tension in your triceps and shoulders throughout the exercise.

Repeat for the specified number of repetitions.

Static Lunge

Step 1

Plant both feet on the floor in a split stance with your left leg forward and your right leg back, ensuring that your feet are shoulder-width apart. This is your starting position.

Step 2

Inhale. Bend both knees to approximately 90 degrees. If done correctly, your front knee should be aligned with your ankle and your back knee should be hovering just off the floor.

Step 3

Exhale. Extend both knees to return to the starting position.

Complete half of the specified number of repetitions on the same side, before completing the remaining repetitions on the other side.

Split Squat

Step 1

Plant both feet together on the floor. This is your starting position.

Step 2

Inhale.

Exhale. Push through your heels and propel your body upwards into the air, extending your legs beneath you. Reposition your legs to land in a sumo squat position with your feet slightly further than shoulder-width apart, ensuring that you maintain 'soft' knees to prevent injury.

Bend your knees until your upper legs are parallel with the floor, ensuring that your back remains within a 45- to 90-degree angle to your hips.

Step 3

Inhale. Push through your heels and propel your body upwards into the air, extending your legs beneath you. Reposition your legs to land in the starting position.

Repeat for the specified number of repetitions.

X Plank

Step 1

Place both hands on the floor shoulder-width apart and both feet apart behind you, resting on the balls of your feet. Brace your abdominals and maintain a neutral spine, ensuring that your hands are directly below your shoulders. This is your starting position.

Step 2

Inhale. While stabilising through your abdominals, elevate your hips and release your left hand to

reach towards your right foot (or as far as you can).

Exhale. Lower your hips and place your left hand on the mat to return to the starting position.

Step 3

Inhale. While stabilising through your abdominals, elevate your hips and release your right hand to reach towards your left foot (or as far as you can).

Exhale. Lower your hips and place your right hand on the mat to return to the starting position.

Continue alternating between left and right for the specified amount of repetitions. Each repetition is equivalent to one touch of your hand to your foot.

Seated Row (Neutral, Rec Band)

Step 1

While seated on a yoga mat, extend both legs out in front of you with your feet flexed. Wrap the recovery band around the bottom of your feet so that you are holding one end of the band in each hand. Ensure that the recovery band is in good condition and securely anchored around your feet to avoid injury. You could also press your feet against a sturdy object to help keep the band in place.

Sit up tall and draw your shoulder blades down and back to push your chest out. Extend your arms in front of you so that you are holding the ends of the band with a neutral grip (palms facing inwards). This is your starting position.

Step 2

Inhale.

Exhale. Using the muscles in both your arms and back, bend your elbows backwards to increase the tension in the band, ensuring that your elbows remain in close contact with the sides of your body. You should feel a small squeeze between your shoulder blades.

Step 3

Inhale. Extend your elbows to return to the starting position.

Repeat for the specified number of repetitions.

Tricep Dip (Chair)

Step 1

Start seated on a chair.

Position your hands on the edge of the chair under your glutes and directly below your shoulders. Ensure that your fingers are facing forwards.

Shift your glutes forwards off of the chair. This is your starting position.

Step 2

Inhale. Bend your elbows to lower your glutes towards the mat, ensuring that your shoulders, elbows and wrists remain in line with one another.

Once you have created two 90-degree angles with your arms, exhale as you push through the heels of your hands and extend your arms to return to the starting position. Avoid using your legs to assist you and always try to maintain an upright position.

Repeat for the specified number of repetitions.

High Knees

Step 1

Plant both feet on the floor slightly further than shoulder width apart.

Keeping your weight on your left foot, bend your right leg to bring your knee into your chest.

Step 2

Lower your right leg and plant your foot on the floor. Keeping your weight on your right leg, bend your left leg to bring your knee into your chest.

Once you are comfortable with this movement, increase your speed so that you are hopping from one foot to the other.

Continue alternating between right and left legs for the specified number of repetitions.

Each knee lift is equivalent to one repetition.

FULL BODY RECOVERY - 10-15 minutes

Phase /	Exercise Name	Reps	Sets
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Section			
Recovery	Glutes	60 SEC (30 per side)	List - Complete once through.
	TFL	60 SEC (30 per side)	
	Traps (Thoracic)	40 SEC	
	Four-Point Thoracic Rotation	12 REPS (6 per side)	
	Single-Leg Straight Leg Raise	16 REPS (8 per side)	
	Glutes (Figure 4 Stretch)	80 SEC (40 per side)	
	Wide Child's Pose	40 SEC	
	Hip Flexor	80 SEC (40 per side)	

Exercise Images & Instructions

Glutes (Foam Roller)

Step 1

Position the foam roller horizontally behind you. Carefully sit on top of the foam roller and place both hands on the floor behind you.

Lift and turn out your right leg so that your ankle is resting on your left leg just above your knee, as shown. Gently tilt your hips to the right to allow the foam roller to press into your right gluteal.

Slowly roll the foam roller along the length of your gluteal. Once you reach a point of tenderness (called a trigger point), pause and hold that position for ~60 seconds or until the pressure/pain is significantly reduced. You can choose to perform small strokes over the point of tenderness if you would prefer.

Continue to roll down the length of your gluteal, pausing on trigger points as needed.

Repeat on your left gluteal.

TFL (Foam Roller)

Step 1

Position the foam roller parallel to the left side of your body and place your left hand on the floor on the outer side of the roller.

Extend your left leg as shown, and allow the foam roller to press into your left TFL (directly below your hip).

Slowly roll the foam roller along the length of your TFL. Once you reach a point of tenderness (called a trigger point), pause and hold that position for ~60 seconds or until the pressure/pain is significantly reduced. You can choose to perform small strokes over the point of tenderness if you would prefer.

Continue to roll down the length of your TFL, pausing on trigger points as needed.

Repeat on your right side.

Traps (Foam Roller)

Step 1

Position the foam roller horizontally behind you. Bend your knees and position your feet firmly on the floor and lay back onto the foam roller so that your upper back is resting on it.

Twist your upper body slightly to the right so that the foam roller is pressing into your right trapezius (muscle to the right of your spine). This may require you to lift your hips slightly off of the floor, as shown.

Slowly roll the foam roller along the length of your trapezius. Once you reach a point of tenderness (called a trigger point), pause and hold that position for ~60 seconds or until the pressure/pain is significantly reduced. You can choose to perform small strokes over the point of tenderness if you would prefer.

Continue to roll down the length of your trap until you reach the bottom of your shoulder blade, pausing on trigger points as needed. Do not foam roll your lower back.

Repeat on your left side.

Four-Point Thoracic Rotation

Step 1

Start on all fours ensuring that your knees are below your hips and your hands are below your shoulders. While maintaining a neutral spine and stabilising through your abdominals, place your left hand on the back of your head, drawing your shoulder blades down and back.

While keeping your lower body as still as possible, rotate your torso to bring your left elbow towards your right elbow. This is your starting position.

Step 2

Inhale. Slowly rotate your torso to open your chest and point your elbow towards the ceiling, or as far as you can while maintaining a neutral spine and keeping your lower body as still as possible.

Step 3

Exhale. Rotate your torso towards your right elbow to return to the starting position.

Complete half of the specified repetitions on the same side, before completing the remaining repetitions on the other side.

Single-Leg Straight-Leg Raise (Rec. Band)

Step 1

With a recovery band looped around one foot, lie on your back on a yoga mat. Ensure that the recovery band is in good condition and securely anchored around your foot to avoid injury. Engage your abdominal muscles by drawing your belly button in towards your spine. Keeping your feet flexed, slowly raise your legs off the floor until they form a 90-degree angle with your hips. This is your starting position.

Step 2

Inhale and keeping your core engaged, slowly lower the leg not secured by the recovery band until it is slightly off the floor.

Exhale and raise your leg to return to the starting position.

Repeat for the specified number of repetitions or time on each side.

Glutes (Figure 4)

Step 1

Begin in a seated position on a yoga mat with your legs out in front of you, with your feet planted on the mat. Press your hands and feet into the floor to elevate your hips. Lift your left leg and turn out your left knee to place your ankle on your right leg just above your knee.

Slowly lower your hips to return to a seated position.

Hold this position for the specified amount of time, breathing deeply throughout.

Repeat this stretch on the other side.

Wide Child's Pose

Step 1

Starting on all fours on a yoga mat, ensure that your knees are wider than your hips and your hands are below your shoulders.

Draw your glutes towards your heels and lower your torso towards your thighs. At the same time, extend your arms along the mat as far forward as comfortable. Draw your shoulder blades down and back.

Hold this position for the specified amount of time, breathing deeply throughout.

Hip Flexor

Step 1

Begin in a kneeling position on a yoga mat.

Release your right leg and take one large step forwards so that you are in a lunge position. Ensure that your front knee is not further forward than your toe. If it is, then you will need to take a bigger step forward.

Keeping your torso upright, push your hips forwards so that you feel a stretch along the front of your right leg.

Hold this position for the specified amount of time.

Repeat this stretch with your left leg forward.

Phase / Section	Exercise Name	Reps	Sets
Recovery	Glutes (Foam Roller)	60 SEC (30 per side)	List - Complete once through.
	Calves (Foam Roller)	60 SEC (30 per side)	
	Hamstrings (Foam Roller)	60 SEC (30 per side)	
	Single-Leg Straight Leg Raise (Rec. Band)	16 REPS (8 per side)	
	Calves & Hamstrings	80 SEC (40 per side)	
	Adductors (V-Sit)	40 SEC	
	Hip Flexor	80 SEC (40 per side)	
	Quads	80 SEC (40 per side)	

Exercise Images & Instructions

Glutes (Foam Roller)

Step 1

Position the foam roller horizontally behind you. Carefully sit on top of the foam roller and place both hands on the floor behind you.

Lift and turn out your right leg so that your ankle is resting on your left leg just above your knee, as shown. Gently tilt your hips to the right to allow the foam roller to press into your right gluteal.

Slowly roll the foam roller along the length of your gluteal. Once you reach a point of tenderness (called a trigger point), pause and hold that position for ~60 seconds or until the pressure/pain is significantly reduced. You can choose to perform small strokes over the point of tenderness if you would prefer.

Continue to roll down the length of your gluteal, pausing on trigger points as needed.

Repeat on your left gluteal.

Calves (Foam Roller)

Step 1

Position the foam roller horizontally in front you. Extend both legs and place on top of the roller, crossing your left ankle over your right.

Allow the foam roller to press into the lowest part of your right calf muscle (about 10cm above your ankle). This may require you to lift your body off of the floor.

Slowly roll the foam roller along the length of your calf. Once you reach a point of tenderness (called a trigger point), pause and hold that position for ~60 seconds or until the pressure/pain is significantly reduced. You can choose to perform small strokes over the point of tenderness if you would prefer.

Continue to roll down the length of your calf, pausing on trigger points as needed.

Repeat on your left calf.

Hamstrings (Foam Roller)

Step 1

Position the foam roller horizontally in front you. Extend your left leg and place it on top of the roller, planting your right foot on the floor with your knee bent.

Allow the foam roller to press into the middle part of your hamstring muscle (about 10cm below your glute). This may require you to lift your body off the floor.

Slowly roll the foam roller along the length of your hamstring. Once you reach a point of tenderness (called a trigger point), pause and hold that position for ~60 seconds or until the pressure/pain is significantly reduced. You can choose to perform small strokes over the point of tenderness if you would prefer.

Continue to roll down the length of your hamstring, pausing on trigger points as needed.

Repeat on the other side.

Single-Leg Straight-Leg Raise (Rec. Band)

Step 1

With a recovery band looped around one foot, lie on your back on a yoga mat. Ensure that the recovery band is in good condition and securely anchored around your foot to avoid injury. Engage your abdominal muscles by drawing your belly button in towards your spine. Keeping your feet flexed, slowly raise your legs off the floor until they form a 90-degree angle with your hips. This is your starting position.

Step 2

Inhale and keeping your core engaged, slowly lower the leg not secured by the recovery band until it is slightly off the floor.

Exhale and raise your leg to return to the starting position.

Repeat for the specified number of repetitions or time on each side.

Calves & Hamstrings

Step 1

While seated on a yoga mat, extend both legs out in front of you. Lift and turn out your left leg so that your foot is resting against the inside of your right leg.

Bending from the hips, reach for your right foot with your right hand (or the action of). If you can reach your toe, gently pull it back towards you. To increase the stretch, attempt to lower your torso towards your right leg, once again ensuring that you are bending from the hips.

Hold this position for the specified amount of time.

Repeat the stretch with your left leg.

Adductors (V-Sit)

Step 1

While seated on a yoga mat, extend both legs out in front of you. Move both legs outwards as wide as they can go.

Sit up tall and place both hands on the floor in front of you. Bending from the hips and keeping both hands on the floor, reach as far forward as possible,

Hold this position for the specified amount of time.

Each time that you exhale, try and walk your hands out a little further to gradually increase the stretch.

Hip Flexor

Step 1

Begin in a kneeling position on a yoga mat.

Release your right leg and take one large step forwards so that you are in a lunge position. Ensure that your front knee is not further forward than your toe. If it is, then you will need to take a bigger step forward.

Keeping your torso upright, push your hips forwards so that you feel a stretch along the front of your right leg.

Hold this position for the specified amount of time.

Repeat this stretch with your left leg forward.

Quads

Step 1

Plant both feet on the floor slightly further shoulder-width apart.

Bend your left knee and bring your foot back directly behind you so that you can hold it with your left hand. You should feel a stretch in the front of your left leg.

Hold this position for the specified amount of time. If you're struggling to balance, focus on a spot directly ahead of you or extend your right arm.

Repeat this stretch with your right leg.