

FOLLOW ALONG
CORE COMPRESSION
ROUTINE

MOVEMENT

REPS

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| 1. | Seated Hip Swivels | 5 reps per side |
| 2. | 90:90 Glute PNF | 3 reps (5 sec) per side |
| 3. | Hurdler Lifts | 5 reps per side |
| 4. | Hamstring Rocks | 5 reps + 20 sec per side |
| 5. | Lower Abdominal Raises | 10 reps |
| 6. | Supine Hamstring Stretch | 30 sec |
| 7. | Halasana | 30 sec |
| | Rest 30 sec | |
| 8. | Seated Pike Crush | 3 reps (5 sec) |
| 9. | Seated Pike Compressions | 6-8 reps |
| 10. | Pike Stretch | 20 sec |
| | Rest 60 sec | |
| 11. | Seated Pancake Crush | 3 reps (5 sec) |
| 12. | Seated Pancake Compressions | 6-8 reps |
| 13. | Pancake Stretch | 30 sec |