

Post-Activity Recovery Program

Diaphragmatic Breathing on Foam Roller — 1-2 minutes

Thomas Stretch on Foam Roller — 1-2 minutes hold each side

Side Lying Rotations — 8-10 reps each side

Bridge Hold — 3 x 20 seconds hold

Staggered Stance Hip Drivers at Wall — 8-10 reps each side

Additional recommended exercises:

Foam Roll Hip Flexors, Glutes, Thoracic Spine and Lats

Prone Press Ups

3-Way Prayer Stretch

Seated or Supine Figure 4 Stretch / Pigeon Pose



Exercise Reference Guide

Exercise	Description
Diaphragmatic Breathing on Foam Roller	Lie lengthwise on a foam roller with feet flat. Breathe in through your nose, expanding your belly, then exhale slowly while keeping your lower back relaxed.
Thomas Stretch on Foam Roller	Lie on a foam roller positioned perpendicular to your spine and under your hips. Hold one knee to your chest while lowering the opposite leg toward the floor. Keep the knee pulled tight toward your chest throughout the entire stretch. You should feel a stretch through your extended hip and thigh.
Side Lying Rotations	<p>Lie on your side with your top knee resting on a foam roller and the opposite leg extended. Keep the top knee in contact with the roller as you rotate your top arm across your body, following it with your eyes.</p> <p>Rotate as far as you can without letting the knee lift, then pause and complete a full breath before returning.</p>



Exercise Reference Guide

Exercise	Description
Glute Bridge Hold	Lie on your back with knees bent and feet flat on the floor. Lift your hips in air and squeeze your glutes. Hold while maintaining a neutral spine.
Staggered Stance Hip Drivers at Wall	<p>Stand in a staggered stance with one hand on the wall. As you push your hips back, reach the opposite arm (same side as the back leg) behind you.</p> <p>Stand tall and drive your hips forward while reaching that arm up toward the ceiling. You should feel a stretch through your extended hip and shoulder.</p>

