**Strengthening**

**Band abduction walk**- hinge hips slightly, keep shoulders still and side step, using resistance of band

 

**Single Leg Romanian deadlift**- holding weight in opposite hand, bend forward trunk/leg together, and squeeze glute upon standing

 

**Reverse lunge**- step back and lunge back, make sure front knee doesn’t come forward or in, weight through front heel

 

**Renegade Row**- plank position, alternate rows making sure to stay stable, don’t arch back

 

**Side planks from elbow**- don’t arch back, keep abs engaged

 

**Mobility**

**Kneeling thoracic hands on ball thoracic extension and lat stretch**- roll forward onto ball until arms are straight out, extend through thoracic spine (arrow). Hold position performing slow oscillations of thoracic extension

 

**Foam roller pec stretch**- keep back flat, palms up

 

**Foam roll quadriceps and calves**

 

**Thoracic rotation**- on hands and knees, abs engaged. Hand behind neck, rotate arm/thorax up towards ceiling, and then back down, reaching underneath

 

**Kneeling hip flexor stretch**- lunge position, chest up, squeeze glute. Avoid arching back

 