

ROCK CITY FITNESS

PREP/CORRECTIVE EXERCISES



ADDUCTOR (STRETCH)



HIP FLEXOR (STRETCH)



HAMSTRING (EXERCISE) START



HAMSTRING (EXERCISE) FINISH



SHOULDER SLIDE (EXERCISE) START



SHOULDER SLIDE (EXERCISE) FINISH



NECK MOBILITY (EXERCISE)



NECK MOBILITY (EXERCISE)



NECK MOBILITY (EXERCISE)

GUIDELINES:

PERFORM PRIOR TO WORKOUT AND/OR ON OFF DAYS.

STRETCHES: HOLD 20-30 SECONDS

EXERCISES: 1 SET x 10-15 REPS



ROCK CITY
FITNESS