

Warmdown routine: non-strength routine days

Do this warmdown on days when you **do not** have the strength routine

Stretching Drills:

Seated arch stretch: **take off your shoes, pull back on your toes** – 3 sets of 15 sec’s per foot

Piriformis stretch: 15 seconds per side (do 2 x left, 2 x right)

Hip flexor stretch: 30 seconds per side

IT band stretch: 15 seconds per side (do 2 x left, 2 x right)

Foam rolling (roll **slowly** on each area for no less than **30 sec’s**)

- Calves – please do your calves one at a time
- IT band – outside of your quads, between knee and hip bone
- Adductors – inside your quads, above knee

Hip drop – 15 reps per side

Core exercises:

	Freshmen	Sophomores	Juniors/Seniors
Front plank	45 seconds	60 seconds	90 seconds
Side plank (right arm)	45 seconds	60 seconds	90 seconds
Reverse (supine) plank	45 seconds	60 seconds	90 seconds
Side plank (left arm)	45 seconds	60 seconds	90 seconds
Supermans	2 sets of 15 reps	2 sets of 15 reps	2 sets of 15 reps