

## **Warmdown routine: strength routine days**

*Do this warmdown on days when you **do** 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 girdle exercises:** no bands

Clams (laying on your side) – 15 reps per side

Donkey kicks (on your hands and knees) – 15 reps per side

Straight leg lifts (laying on your side) – 15 reps per side