

Complete 1 round of this circuit after your workout to increase lower-body mobility and flexibility.

Foam Roll: Figure-4 Glute

- 60-120 sec each side
- Cross ankle over opposite knee
- Pause in spots of tension



Foam Roll: IT Band

- 60-120 sec each side
- Roll from hip to just above knee
- Pause in spots of tension



Foam Roll: Calf

- 60-120 sec each side
- Flex and extend toes to increase stretch
- Roll calf side-to-side to increase stretch



Band-Distracted Hamstring Stretch

- 60-120 sec each side
- Anchor band at hip-height
- Keep knee straight, bend forward to stretch



Band-Distracted Hip Flexor Stretch

- 60-120 sec each side
- Anchor band at knee-height in front of body
- Lean hips forward to stretch



Band-Assisted Glute Stretch

- 60-120 sec each side
- Cross ankle over opposite knee
- Gently pull shin to increase stretch



Band-Assisted Calf Stretch

- 60-120 sec each side
- Anchor band at ankle-height
- Keep heel on floor, knee straight to stretch



Band-Assisted Adductor Stretch

- 60-120 sec each side
- Keep knee straight
- Use exhale to increase stretch

