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Cool Down

Videos of each exercise can be found in the boxes on the right. Focus on making changes to your tissue, increasing range of motion and promoting recovery. Follow the prescribed sets, reps and duration for each of the following circuits. Use the exercises below after workouts, practices or games to help your body recover.

of Sets

2 Sets

Mobility Exercises Reps

5 Reps each way

Duration of Recovery Exercises

60 seconds

Mobility Circuit 1

Lateral Crossover Lunge

Spiderman Crawl w- T-Spine Rotation

Walking Bend Ankle Grabs

Videos

[Lateral Crossover Lunge](#)

[Spiderman Crawl w- T-Spine Rotation](#)

[Walking Bend Ankle Grabs](#)

Recovery Circuit 1

Chest Stretch

Squatting Lat Stretch

Laying Wall Shakes

Videos

[Chest Stretch](#)

[Squatting Lat Stretch](#)

[Laying Wall Shakes](#)

Mobility Circuit 2

Figure 4 sit Walks

Messier Squat

Reverse Flare Lunge w- Palms to Ceiling

Videos

[Figure 4 Sit Walks](#)

[Messier Squat](#)

[Reverse Flare Lunge w- Palms to Ceiling](#)

Recovery Circuit 2

Laying Hip Diagonals

Roller Lats

Roller Hip Flexor

Videos

[Laying Hip Diagonals](#)

[Roller Lats](#)

[Roller Hip Flexor](#)

