

ACHILLIES & HIP HEALTH: VIVO x LAURA TRY

20 - 30 minutes

Use this sequence as a dynamic warm up, dynamic stretch, use as a recovery session.
Practice 2 - 3 a week to improve your mobility and squat

What you will need:

- Golf ball, small ball, rolling pin, metal bottle - something to roll your foot on
- *Optional:* Towel (rolled up), small block of wood or something to place under your heels
Only need if you are unable to squat to the ground with your heels on the floor

1. SQUAT TEST

1 minute

Squat down as far as you can
Ensure your heels stay on the ground

2. ACHILLES, FEET & CALF

8 - 12 minutes

60 - 90 seconds of each

1. Toe stretch
2. Foot stretch
3. Ankle lunge + circles (right)
4. Ankle lunge + circles (left)
5. Full squat with movement
6. Squat and toe stretch
7. Ball under foot
8. Ball on Achilles

3. HIPS

10 - 15 minutes

60 - 90 seconds of each

1. Lunge sequence
2. Shin box + circles (right)
3. Shin box + circles (left)
4. Hip rotations, reverse all fours
5. Modified pigeon (45 seconds each side)
6. Hip flexor stretch (45 seconds each side)
7. Frog
8. Cossack squats
9. Dynamic squat + squat holds

4. RETEST SQUAT

1 minute

Squat down as far as you can
Ensure your heels stay on the ground

