



English version

## Corrective Mobilizations and Stretches

Client Name: Kevin

Date: 01.03.2023 -

Sport/Activity: CrossFit & lifestyle

Training Phase: Stretching

Objectives: Postural Correction through stretching tight muscles

### Stretches

- Contract/Release stretching method as discussed

Stretches	Duration	Reps
Levator Scapulae	10 sec	1 each side
Chest with Swiss Ball	30 - 120 sec	1 each side
Middle Back and Abdominals on Ball *	1 - 5 mins	Own pace
Lunge ** - <b>only right side!</b>	30 - 120 sec	right
90/90 Hip Stretch Multi Angle	30 - 120 sec	1 each side
Hamstrings	30 - 120 sec	1 each side

\* Be sure to focus on opening the chest and shoulders. Allow yourself to roll back and forth.

\*\* Be gentle here and feel into the tight area. Allow yourself to have a neutral spine, not flat back.



## Program G

Client Name: Kevin

Date: 01.03.2023-01.04.2023

Sport/Activity: CrossFit

Training Phase: Early Specificity

Objectives: Primal Standard, Posture & Hypertrophy

### Program G

Exercise	Reps	Sets	Intensity	Tempo	Rest	Duration
Squat	8-12	1-3	-1	1,0,2	1 - 2 m	1 - 2 m
Front & Back Lunge	12-20	1-3	-2	BW	1 - 2 m	1 - 4 m
Sumo Deadlift	12-20	2-4	-1	1,0,2	1 - 2 m	1 - 4 m
Cable Push	12-20	2-3	-2	1-0-1	1 - 2 m	1 - 4 m
Cable Pull	12-20	2-3	-2	1-0-1	1 - 2 m	1 - 4 m
Bent Over Row *	12-20	2-4	-1	1,1,1	1 - 2 m	1 - 4 m

Notes:

BW= Body Weight

\* Bent Over Row, This is more to condition the stability of your back and the recruitment of the core than necessarily a pull exercise.