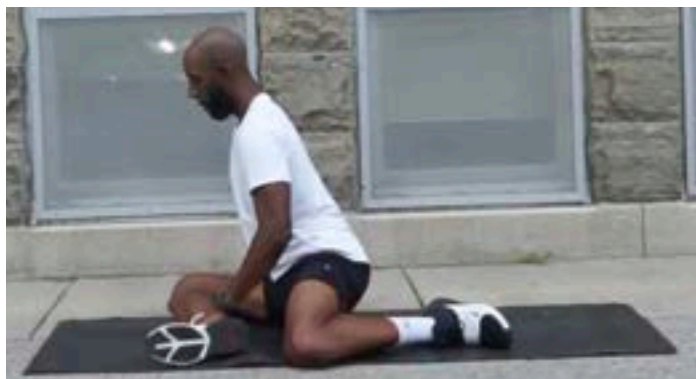


# Appendix: Recovery

## 90/90 Mobility

Step 1



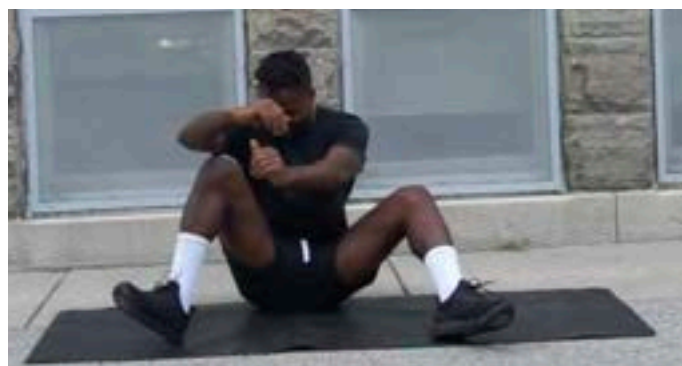
Step 1



Step 2



Step 2



Step 3



Step 3



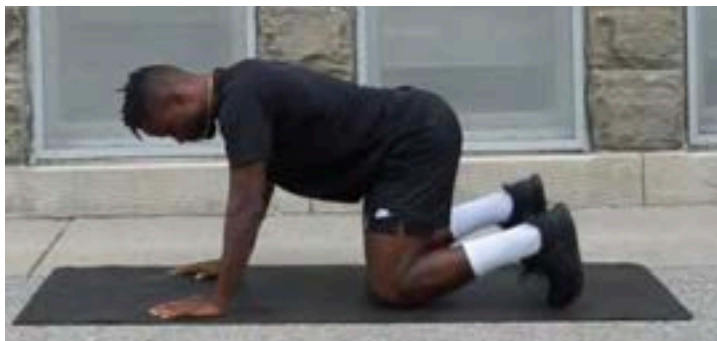
## Appendix: Recovery

### All Fours Heel Sits with Reach Through

Step 1



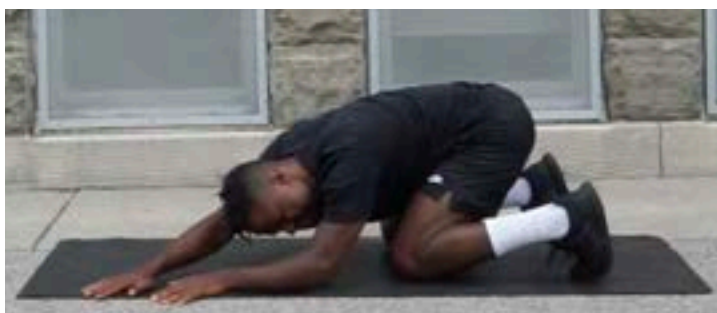
Step 1



Step 2



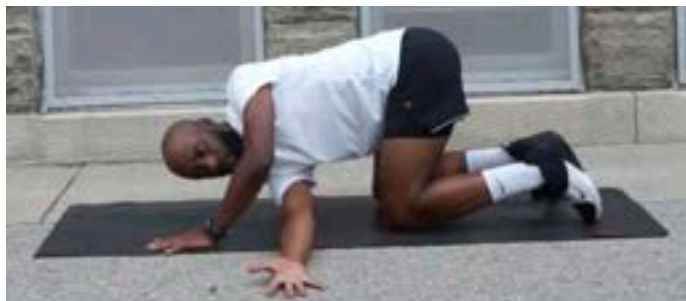
Step 2



## Appendix: Recovery

### All Fours Mid Back Mobility

Step 1



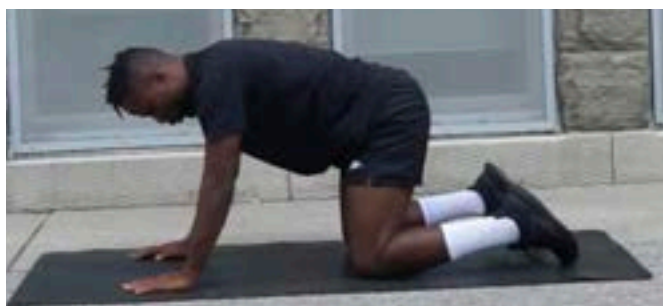
Step 1



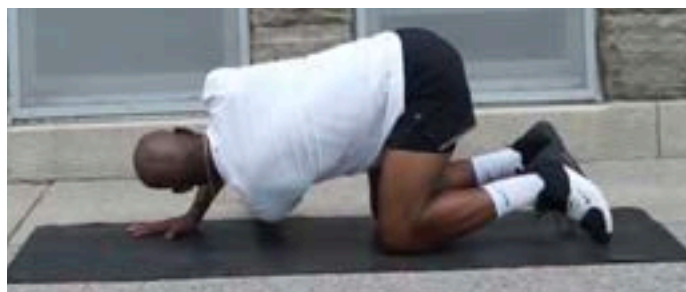
Step 2



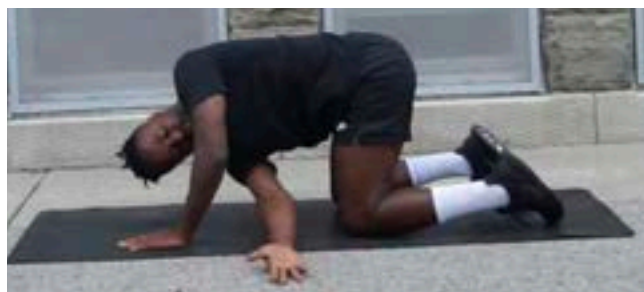
Step 2



Step 3



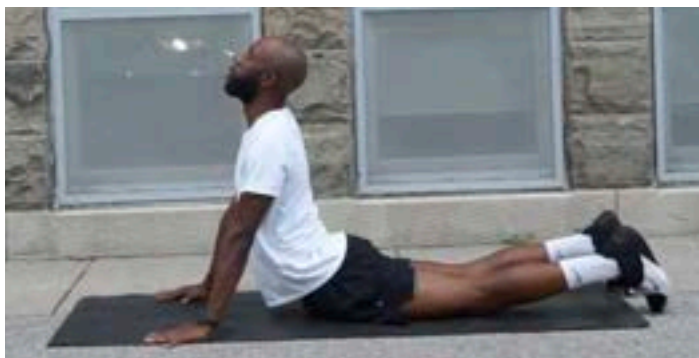
Step 3



## Appendix: Recovery

### Back Extensions

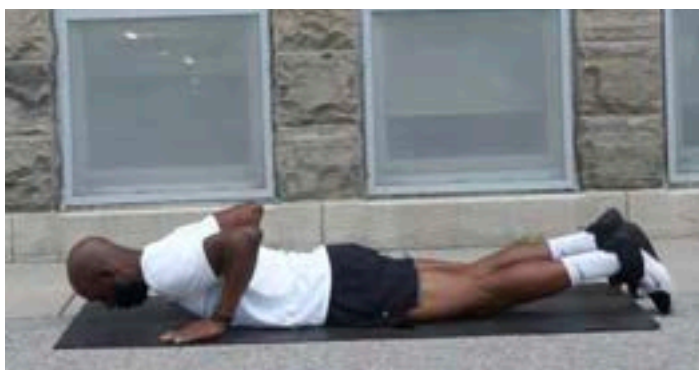
Step 1



Step 1



Step 2



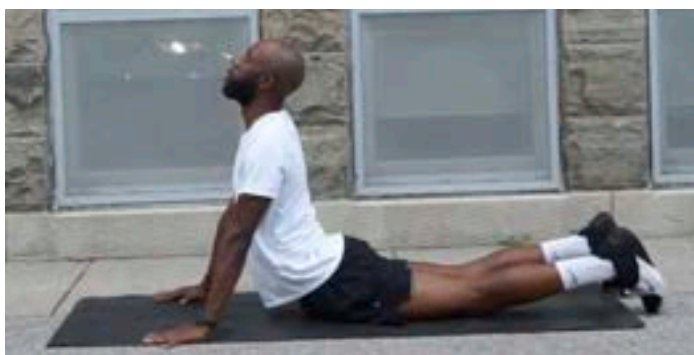
Step 2



## Appendix: Recovery

### Back Extension to Pike

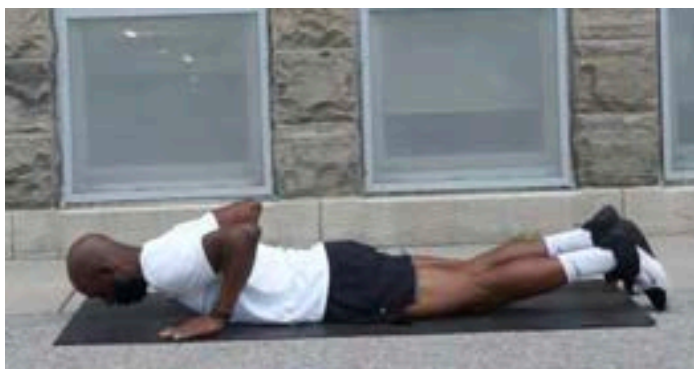
Step 1



Step 1



Step 2



Step 2



## Appendix: Recovery

### Back to Front Floss

Step 1



Step 2



Step 3



Step 1



Step 2



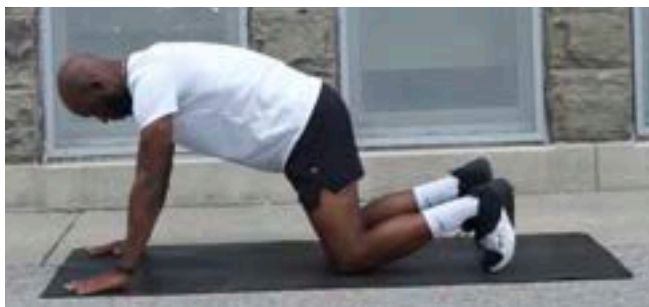
Step 3



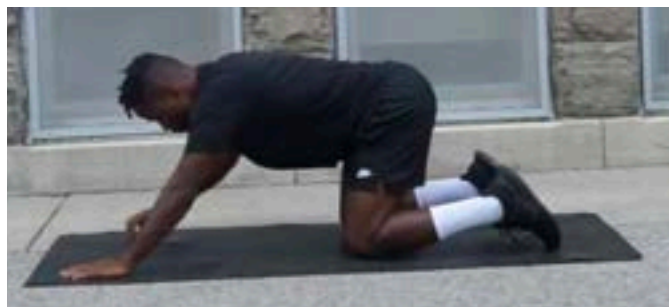
## Appendix: Recovery

### Child's Pose

Step 1



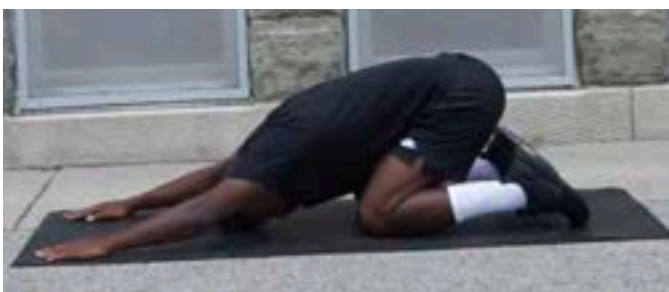
Step 1



Step 2



Step 2



## Appendix: Recovery

### Hamstring Scoops to Sky Reach

Step 1



Step 1



Step 2



Step 2



Step 3



Step 3





## Appendix: Recovery

### Runners Lunge with Opposite Side Reach

Step 1



Step 1



Step 2



Step 2



Step 3



Step 3



## Appendix: Recovery

### Standing Hip Flexor Stretch

Step 1



Step 2



Step 3



Step 1



Step 2



Step 3

