

PRE-ICE

Click the exercise name or image to be taken to a video of that exercise.

| | |
|---|--|
| LAX on Hip Flexor | |
| LAX on Glutes + High Glutes | |
| LAX TFL | |
| LAX Lats | |
| LAX Adductors | |
| Total Time = 5 minutes | |
| 1/2 Kneeling Rotation w/ Rock Back | |
| Walking Quad Stretch | |
| Walking Hamstring + OH Reach | |
| Sumo Squat + OH Reach | |
| Down Back w/ Rotation | |
| Best Stretch Ever | |
| Lunge Lateral to Cross Under | |
| Butterfly Flow >> DWU - 5 minutes | |
| Hip Shift + Ball Off Wall - one ball each hand - follow ball into hand x 60s | |
| Total Time = 11 minutes | |

POST-ICE



Click the exercise name or image to be taken to a video of that exercise.

| | |
|---|----------------------------|
| 90/90 Hip Stretch Static x 30s each way - - 2" | www.HockeyTrainingPro.com |
| Reach, Roll, Lift x 4ea - hold 3s - - 1' | www.HockeyTrainingPro.com |
| 1/2 Groin + Rotation x 30s each - - 3" | www.HockeyTrainingPro.com |
| Quadruped Hip Circles w/ LAX Ball Behind Knee x 5 each - - 1" | www.HockeyTrainingPro.com |
| Quadruped T-Spine Rotation x 4 each (4:4) - - 1" | www.HockeyTrainingPro.com |
| Deep Squat Elbows Inside Knees 5 x 5s hold - - 1" | www.HockeyTrainingPro.com |
| LAX on Hip Flexor | www.HockeyTrainingPro.com® |
| LAX on Glutes + High Glutes | www.HockeyTrainingPro.com |
| LAX TFL | www.HockeyTrainingPro.com |
| LAX Lats | www.HockeyTrainingPro.com |
| Passive Groin Stretch: Legs on Wall + Breathing x 10 breaths - 4:4:6 >> 2" | www.HockeyTrainingPro.com |

Total Time = 15 minutes