



Active Flex/Injury Prevention Add-Ons for Littles Program

Please add in these workouts to the end or beginning of your workouts based on need and recommendations throughout the 12 weeks. You can also use the regular injury prevention workouts in the Classic program for variation and supplementation.

Workout One: Active Flex, Wrists and Ankles

You Need:

***Tumble Track or Tramp
Small Dumbbells***

All Exercise Link:

<https://vimeo.com/1190041914/f3267fab30?share=copy&fl=sv&fe=ci>

1) Lying Kicks L and R 20

2) Lying Side Kicks L and R 20

3) Needle Kicks L and R 20

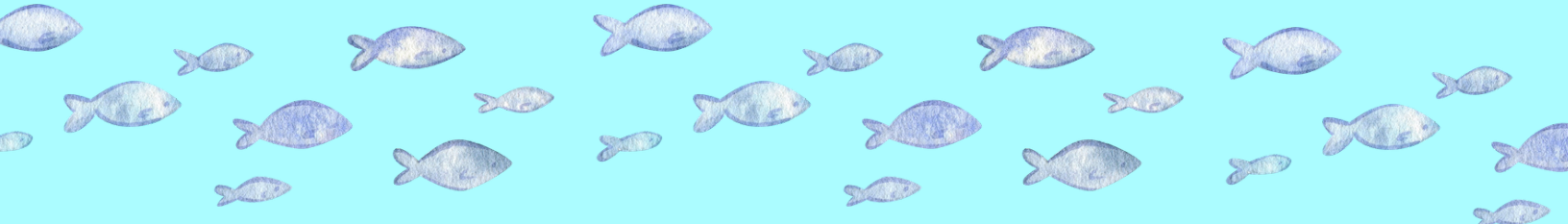
4) Straddle Jumps tumble track 20

5) Partner Wrist extension and flexion 1 minute of each position

6) Hammer Wrist Curls 20

7) Ankle Rocks Lunge Position 15 rocks each side

8) 2nd position calf raises 20





Workout Two: Back/Shoulder and Thoracic Mobility

You need:
Long bands

All Exercise Link: <https://vimeo.com/1190050894/625a1ecc34?share=copy&fl=sv&fe=ci>

1) Static Fig 4 Back Stretch 30 seconds each side

<https://vimeo.com/1181646165/0f43a9b8a3?share=copy&fl=sv&fe=ci>

2) Bend to Extend Hamstring Kick 15 each side

<https://vimeo.com/1181646201/2c597e978e?share=copy&fl=sv&fe=ci>

3) Cat Backs 30 seconds

<https://vimeo.com/901941249/7ab7a4ecdc?share=copy&fl=sv&fe=ci>

4) Plank Shoulder Circles (no weight needed)

<https://vimeo.com/1083018033/654232d64e?share=copy&fl=sv&fe=ci>

5) Active Flex Thoracic Kneeling Circle (band) 10 each direction

<https://vimeo.com/1181646546/8282f528d4?share=copy&fl=sv&fe=ci>

6) 1p Shoulder Mobility/Thoracic Prone Pullover 20 (do without foam block if you don't have one)

<https://vimeo.com/1181206044/1f7d798a46?share=copy&fl=sv&fe=ci>

7) Walking Bridge 5 forward 5 backward 3 times

<https://vimeo.com/787312380/11ce04ba33?share=copy&fl=sv&fe=ci>



Workout Three: Hip and Shoulder Mobility

All Exercise Link: <https://vimeo.com/1190052745/ceb830a2c7?share=copy&fl=sv&fe=ci>

1)Active Shoulder Reach Backs 10 each side

<https://vimeo.com/1181646234/08c9b18750?share=copy&fl=sv&fe=ci>

2)Active Goal Post Rotations 20 <https://vimeo.com/1181646256/503f414abf?share=copy&fl=sv&fe=ci>

3)Active Pike to Shoulder Circle 15 <https://vimeo.com/1181646215/5c87fb252f?share=copy&fl=sv&fe=ci>

4)Static Kneeling Chest and Neck Stretch 30 seconds

<https://vimeo.com/1181646129/791614845e?share=copy&fl=sv&fe=ci>

1)IP Butterfly Push 30 seconds <https://vimeo.com/1179369464/ba99ffeea8?share=copy&fl=sv&fe=ci>

2) Active Flex Seated Pidgeon 30 seconds <https://vimeo.com/1178493854/649e8c8fba?share=copy&fl=sv&fe=ci>

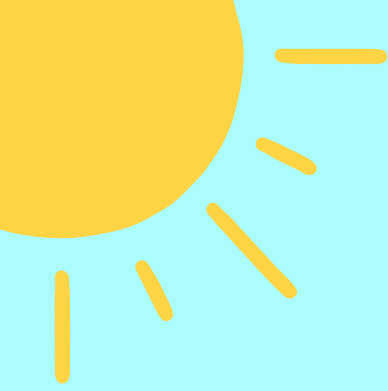
5)Active Hips Figure 4 Rotate 10 total <https://vimeo.com/1181207226/704563a248?share=copy&fl=sv&fe=ci>

6)Active Kneeling Lunge Abduction 20 each side

<https://vimeo.com/1181644348/c47f7c97b6?share=copy&fl=sv&fe=ci>

7)Active Cossack Stretch 20 each side <https://vimeo.com/1181644881/0a23283f12?share=copy&fl=sv&fe=ci>





Workout Four: Active Flex/Wrist and Ankles

***You Need: Tumble track or tramp
Very Light Dumbbells
Foam Blocks***

All Exercise Link: <https://vimeo.com/1190054893/ea543af291?share=copy&fl=sv&fe=ci>

1) Active Splits tumble track 15 each leg

<https://vimeo.com/1063682964/dbf1aee7c2?share=copy&fl=sv&fe=ci>

2) Active Shoulder Swing Back 20

<https://vimeo.com/779038553/e03ece2503?share=copy&fl=sv&fe=ci>

3) Lying Active Straddles 20

<https://vimeo.com/779038133/896a361cc1?share=copy&fl=sv&fe=ci>

4) IP Stability Releve Squat Hold (TT) 30 seconds 2x

<https://vimeo.com/1181645920/27a6564bc4?share=copy&fl=sv&fe=ci>

5) IP Ankle Stabilizer Tumble Track 30 seconds each foot

<https://vimeo.com/1181645937/17f7957584?share=copy&fl=sv&fe=ci>

6) Pinkie to Thumb Wrist Curls 15

<https://vimeo.com/1007207828/4d5b3de6fa?share=copy&fl=sv&fe=ci>

7) Finger Pushups 30

<https://vimeo.com/1026998078/eef5593346?share=copy&fl=sv&fe=ci>

8) Block Squeezes 50

<https://vimeo.com/686897933/bc0a666c00?share=copy&fl=sv&fe=ci>

