

## Injury Prevention and Active Flexibility Add-On Workouts

### Active Flex One (Split Work)

**You Need:**  
**Uneven Parallel Bars**

All Exercise Link: <https://vimeo.com/1189502366/9e9546c3f9?share=copy&fl=sv&fe=ci>

**1)Core Hanging Half Straddle Outs 15**

<https://vimeo.com/1181645374/1f3accabc0?share=copy&fl=sv&fe=ci>

**2)Active Flex Hanging Switch Split 10 each leg**

<https://vimeo.com/1181645411/22f4b9279a?share=copy&fl=sv&fe=ci>

**3)Active Hanging Twists 30 total**

<https://vimeo.com/1181645456/f92572b555?share=copy&fl=sv&fe=ci>

**4)Active Hanging Wolf Shape 10 each leg**

<https://vimeo.com/1181645441/57602a26ee?share=copy&fl=sv&fe=ci>

**5)Active Hanging Switch Straddle 10 each side**

<https://vimeo.com/1181645390/0bf15cfb21?share=copy&fl=sv&fe=ci>

**6)Low Bar Active Bar Kick 10 each leg**

<https://vimeo.com/1181645361/55ab78023c?share=copy&fl=sv&fe=ci>

**7)Active Flex bar split kicks 10 each leg**

<https://vimeo.com/1181646467/97e12010d7?share=copy&fl=sv&fe=ci>

### Active Flex Two

**Kicks, Straddles and Needles**

All Exercise Link: <https://vimeo.com/1189505311/d48d121abd?share=copy&fl=sv&fe=ci>

**You Need:**  
**Long Bands**  
**Sliders**  
**Yoga Blocks**

**1)Active Flex Single Leg hop to needle 2 passes**

<https://vimeo.com/1178489052/698c434d66?share=copy&fl=sv&fe=ci>

**2)Active Flex Side Plank Split Slides 15 each leg**

<https://vimeo.com/1178493822/8f169431d7?share=copy&fl=sv&fe=ci>



**3)Active Flex Straddle Pulse (sliders and block) 1 minute**  
<https://vimeo.com/1181646561/a2826a1ff5?share=copy&fl=sv&fe=ci>

**4)Active Flex Yoga Block Straddle (static) 1minute**  
<https://vimeo.com/1181646444/b3413ce536?share=copy&fl=sv&fe=ci>

**5)Active Single Leg Bridge kick Hold 30 seconds left**  
<https://vimeo.com/1181644317/e5f8f5ab1d?share=copy&fl=sv&fe=ci>

**6)Active Flex Half Bridge Kick Hold and Pulse 30 seconds pulse left**  
<https://vimeo.com/1181646343/a5dd008ce8?share=copy&fl=sv&fe=ci>

**7) Active Flex half bridge band kicks 30 seconds kick left**  
<https://vimeo.com/1181646364/5a91a54394?share=copy&fl=sv&fe=ci>

**REPEAT 5/6 and 7 on the Right Side**

**8)Active Flex Rollover Straddles 30 seconds**  
<https://vimeo.com/1181646317/88e71cafe2?share=copy&fl=sv&fe=ci>

### **Active Flex 3: Board Jumps**

**You Need:**

**Spring Board/Floor**

**All Exercise Link: <https://vimeo.com/1189508366/b2a217537e?share=copy&fl=sv&fe=ci>**

**Complete 3 of each exercise below on each side**

**1)Active Flex Punching Double SPlit**  
<https://vimeo.com/1181646573/4c5696094c?share=copy&fl=sv&fe=ci>

**2)Active Flex Board Straddle Jump Backward**  
<https://vimeo.com/1181645741/52c34c8c79?share=copy&fl=sv&fe=ci>

**3)Active Flex Board Double Straddle Punch**  
<https://vimeo.com/1181645692/f126693615?share=copy&fl=sv&fe=ci>

**4)Active Flex Board Double Split Jumps**  
<https://vimeo.com/1181645669/fcf4e42a2d?share=copy&fl=sv&fe=ci>

**5)Active Flex Board Split Jump**  
<https://vimeo.com/1181645663/3729867424?share=copy&fl=sv&fe=ci>

**6)Active Flex Board Straddle Jumps**  
<https://vimeo.com/1181645620/d39d6b7575?share=copy&fl=sv&fe=ci>



## Active Flex 4 :Beam Kicks

All Exercise Link: <https://vimeo.com/1189510865/10887c8917?share=copy&fl=sv&fe=ci>

Complete one set of each:

1)Active Flex Beam Needle kicks 15 L

<https://vimeo.com/1181646494/c17f1a6af1?share=copy&fl=sv&fe=ci>

2)Active Flex Beam Needle Kicks 15 R

<https://vimeo.com/1181645517/3b33a765e9?share=copy&fl=sv&fe=ci>

3)Active Flex Forward Back (beam) 15

<https://vimeo.com/1181645577/7bed4322ab?share=copy&fl=sv&fe=ci>

4)Active Flex Beam Leg Back Kicks 15 L/R

<https://vimeo.com/1181645489/091113f701?share=copy&fl=sv&fe=ci>

5)Active Flex Swing Kick Circle Left (beam) 10

<https://vimeo.com/1181645604/af4c8ade1f?share=copy&fl=sv&fe=ci>

6)Active Swing Kick Circle Right (beam) 10

<https://vimeo.com/1181645589/72291d3194?share=copy&fl=sv&fe=ci>

7) Active Swing Ring Kick Beam 10 L/R

<https://vimeo.com/1181645558/6799756a24?share=copy&fl=sv&fe=ci>



## Shoulder Mobility

**You Need;**  
**Foam Roller**  
**Long Bands**  
**Stall Bars**  
**Yoga Block**

All Exercise Link: <https://vimeo.com/1189562953/33752449a5?share=copy&fl=sv&fe=ci>

Complete one set of each:

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>

5) **IP Shoulder Accordion Slide 20 each way**  
<https://vimeo.com/1179369347/6e40549153?share=copy&fl=sv&fe=ci>

6) **IP Shoulder Band Pullover 20**  
<https://vimeo.com/1179369793/d54dec8127?share=copy&fl=sv&fe=ci>

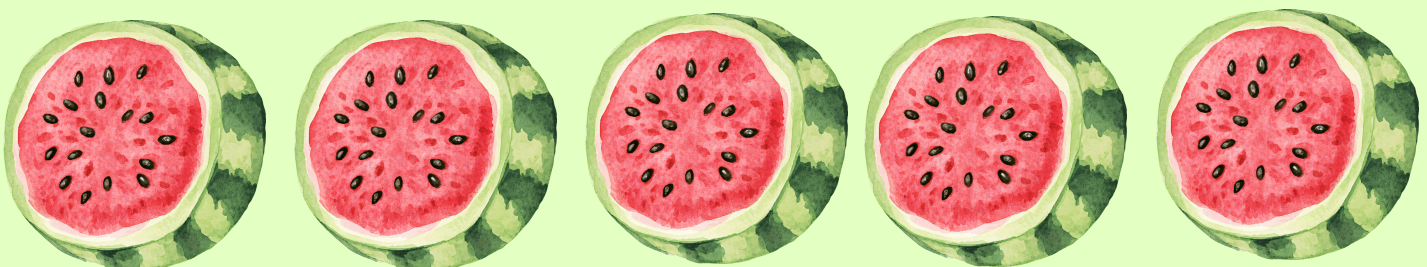
7) **IP shoulder inward rotation 20 each arm**  
<https://vimeo.com/1179369781/03d6cf6604?share=copy&fl=sv&fe=ci>  
<https://vimeo.com/1179369728/d76d861c3d?share=copy&fl=sv&fe=ci>

8) **IP. Shoulder Cross Pull Backs 20**  
<https://vimeo.com/1179369751/59bb158def?share=copy&fl=sv&fe=ci>

9) **IP Bear plank arm lift (yoga block) right 15 each arm**  
<https://vimeo.com/1179369805/5fe993565f?share=copy&fl=sv&fe=ci>

10) **IP Bear Lateral Pulls (band) 15 each arm**  
<https://vimeo.com/1179369360/61ba4a55c5?share=copy&fl=sv&fe=ci>  
<https://vimeo.com/1179369758/0b0768dbdf?share=copy&fl=sv&fe=ci>

11) **IP Active Shoulder Prone Foam Roller Toss 20**  
<https://vimeo.com/1181206111/cc8259f309?share=copy&fl=sv&fe=ci>



## Hip Mobility One

All Exercise Link:

<https://vimeo.com/1189566996/74b17b6185?share=copy&fl=sv&fe=ci>

**You Need:**

**Spotting Blocks**

**Yoga Blocks**

**Wall**

**Loop Bands**

**Long Bands**

**Complete One Set of each!**

**1)Active Hips Elbow Abduction 30 seconds**

<https://vimeo.com/1181206776/09709dcd9f?share=copy&fl=sv&fe=ci>

**2) Active Hip Fig 4 Rotation 10 each side**

<https://vimeo.com/1181646298/19e082d914?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1181645139/cd350e1b5b?share=copy&fl=sv&fe=ci>

**3)IP Legs figure 4 adductor lift left 10**

<https://vimeo.com/1179369398/9af5920a29?share=copy&fl=sv&fe=ci>

**4)Legs Figure 4 Adductor lift right 10**

<https://vimeo.com/1179369383/e78d658086?share=copy&fl=sv&fe=ci>

**5)Active Lateral Leg Lift Twist 10 each side**

<https://vimeo.com/1181645162/28eff0a744?share=copy&fl=sv&fe=ci>

**6)lp Hip Mobility Helicopter Lift L 10**

<https://vimeo.com/1179369454/63da1b8abf?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1179369441/dbb057cdec?share=copy&fl=sv&fe=ci>

**7)lp Hip Mobility Helicopter Lift Right 10**

<https://vimeo.com/1179369441/dbb057cdec?share=copy&fl=sv&fe=ci>

<https://vimeo.com/1179369407/3ab08c1e94?share=copy&fl=sv&fe=ci>

**8)IP hip mobility yoga block knee rotation 10 each side**

<https://vimeo.com/1179369371/20a4796e14?share=copy&fl=sv&fe=ci>

**9)Hip Kneeling Abduction Band 20**

<https://vimeo.com/1178484005/de04ef90c2?share=copy&fl=sv&fe=ci>



10) **Hips Squat Thrust Plank Jack (banded) 20**  
<https://vimeo.com/1178483849/cae7ca345a?share=copy&fl=sv&fe=ci>

11) **Shaping Glute Bridge Butterfly 20**  
<https://vimeo.com/1178483802/43cf21fbaf?share=copy&fl=sv&fe=ci>

12) **Ip Hips/Hamstrings Eccentric Banded Curl 15 each leg**  
<https://vimeo.com/1181646376/0648398480?share=copy&fl=sv&fe=ci>  
<https://vimeo.com/1181646394/dce31ef69a?share=copy&fl=sv&fe=ci>

## Hip Mobility 2

**You Need:**  
**Small Loop bands**

All Exercise Link; <https://vimeo.com/1189569594/ce4671b7b2?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>

3) **Ip Hip flexor lunge out 10 each leg**  
<https://vimeo.com/1181646601/ea1d5bba8d?share=copy&fl=sv&fe=ci>

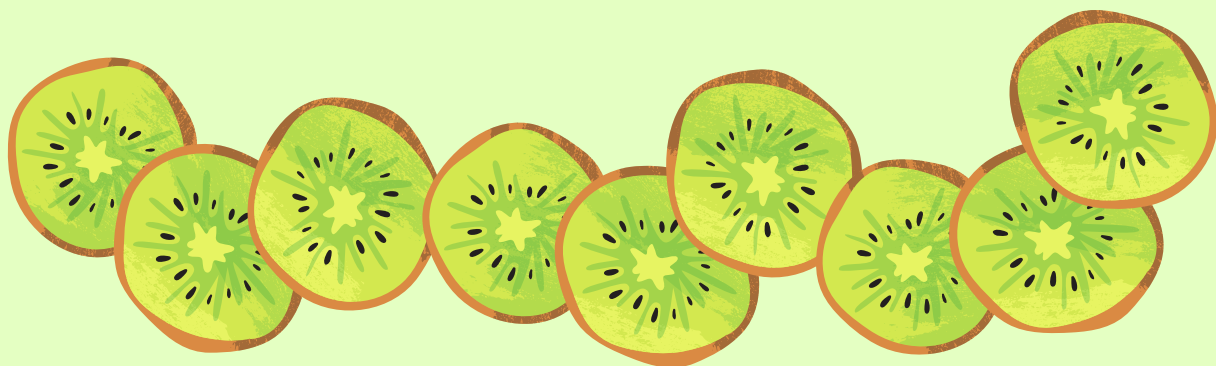
4) **Active Figure Four Rollover 10 total**  
<https://vimeo.com/1181206828/e4eda43e50?share=copy&fl=sv&fe=ci>

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**  
<https://vimeo.com/1181644881/0a23283f12?share=copy&fl=sv&fe=ci>

8) **IP Figure 4 Hip Lift 10 each leg**  
<https://vimeo.com/1181207190/e8cbdc68ce?share=copy&fl=sv&fe=ci>



## Wrist/Hand/Forearm Injury Prevention

### **You Need:**

**Very light dumbbells**  
**Long Bands**  
**Small Weighted Balls**  
**Foam Roller**  
**Loop Bands**  
**Weighted Bar**

All Exercise Link: <https://vimeo.com/1189571542/3c88f6deb2?share=copy&fl=sv&fe=ci>

**1)IP Forerarm Roll Outs 30 seconds**

<https://vimeo.com/1181206900/00c35f86ea?share=copy&fl=sv&fe=ci>

**2)IP Wrist Band Reverse Curl and Dumbbell Circles 30 seconds of each**

<https://vimeo.com/1178497748/5dbd266784?share=copy&fl=sv&fe=ci>

**3)Ip Wrist Dumbbell Adduction 10 each wrist**

<https://vimeo.com/1178497733/33d5f92724?share=copy&fl=sv&fe=ci>

**4)Ip Thumb Pushups 20**

<https://vimeo.com/1181646530/d440068d20?share=copy&fl=sv&fe=ci>

**5)Ip Wrists Planche Lean 30 seconds**

<https://vimeo.com/1181646100/7c18acad89?share=copy&fl=sv&fe=ci>

**6)Ip Wrists Reverse Grip Leaning Planche 30 seconds**

<https://vimeo.com/1181646075/2e675c5062?share=copy&fl=sv&fe=ci>

**7)Ip Wrists Finger Pushups 15**

<https://vimeo.com/1181646056/061ae5eeb4?share=copy&fl=sv&fe=ci>

**8)IP Wrist Ball Grab 20**

<https://vimeo.com/1181207206/577e127155?share=copy&fl=sv&fe=ci>

**9)Ip Thumb Adductor 30**

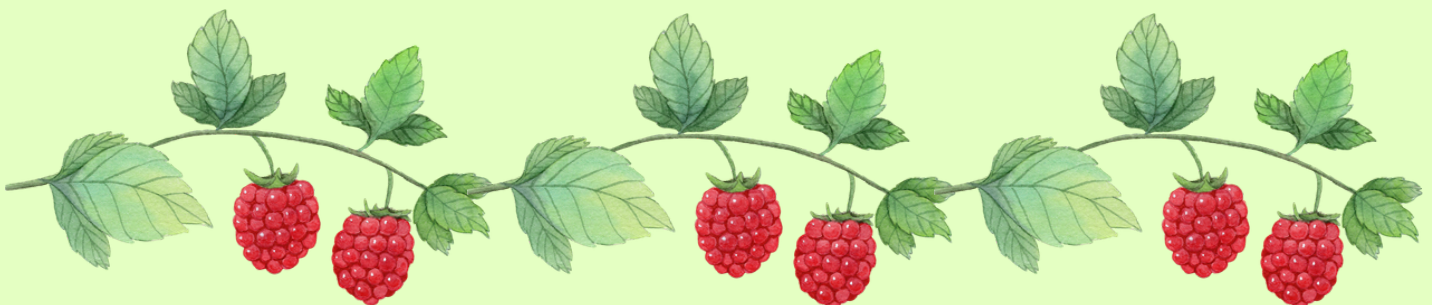
<https://vimeo.com/1181206858/fdac97366c?share=copy&fl=sv&fe=ci>

**10)Ip Wrist Block Squeezes 50**

<https://vimeo.com/1075108755/a1d8a2b383?share=copy&fl=sv&fe=ci>

**11) IP Forearm Reverse Grip Roll 20**

<https://vimeo.com/757307716/7c6dded33f?share=copy&fl=sv&fe=ci>



## Ankles and Calves

**You Need:**

**Small Loop Bands**

**Tumble Track**

**Long bands at Stall Bars**

All Exercise Link: <https://vimeo.com/1189803809/b667bc6c54?share=copy&fl=sv&fe=ci>

**1)IP Stability Releve Squat Hold (TT) 30 seconds**

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

**2)IP Ankle Stabilizer Tumble Track 30 seconds each foot**

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

**3)IP Ankles Descending Squat Releve 15**

<https://vimeo.com/1181645899/edec8211ab?share=copy&fl=sv&fe=ci>

**4)IP Ankles/Calves Releve Walks (banded) 30 seconds**

<https://vimeo.com/1181645788/04f758c08a?share=copy&fl=sv&fe=ci>

**5)lp Ankle Lateral Walks 4 passes**

<https://vimeo.com/1181646589/11d8f8b862?share=copy&fl=sv&fe=ci>

**6)lp Ankles/Calves releve Walks Backward (banded) 30 seconds**

<https://vimeo.com/1181645756/f9bc5dd834?share=copy&fl=sv&fe=ci>

**7)lp Ankles Banded Calf Raise 30**

<https://vimeo.com/1181646511/2ad90361d0?share=copy&fl=sv&fe=ci>

**8)lp Ankles Banded Abduction 30**

<https://vimeo.com/1181646025/7a474b7fb8?share=copy&fl=sv&fe=ci>

**9)lp Ankles Banded Adduction 30**

<https://vimeo.com/1181645997/7b21b9689c?share=copy&fl=sv&fe=ci>

**10)lp Ankles Banded Flexion 20**

<https://vimeo.com/1181645969/807a0803b4?share=copy&fl=sv&fe=ci>

**11)lp Shin Stretch 30 seconds**

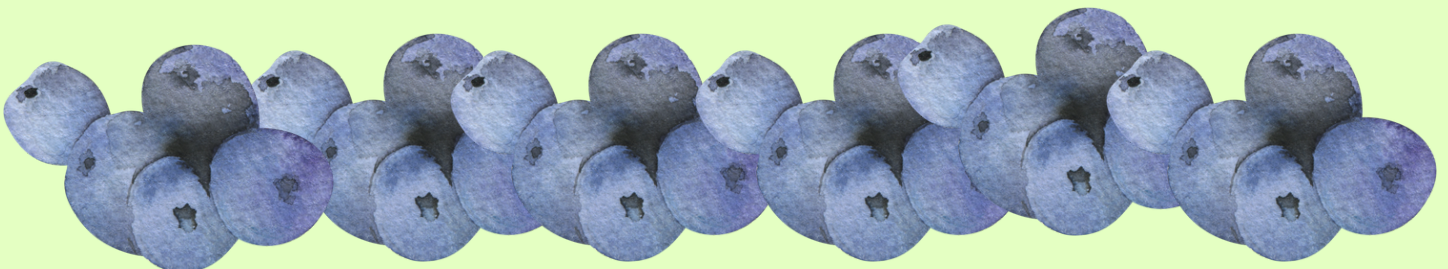
<https://vimeo.com/1181645873/9c7c5bc96a?share=copy&fl=sv&fe=ci>

**12) IP Shins/Calves alt toe and heel lift 30**

<https://vimeo.com/1181645851/0f68298d63?share=copy&fl=sv&fe=ci>

**13)lp Ankles/Shins Toe and Heel Abduction/Adduction 20**

<https://vimeo.com/1181645807/831531a455?share=copy&fl=sv&fe=ci>



## Back and Thoracic Mobility

The spine is a terrible thing to waste! Get your lower and upper back mobile, stable and comforted in this total spine prehab workout!

*Foam roller*  
*Sliders*  
*Long Bands*  
*Weighted Bar*  
*Vault Table*

All Exercise Link: <https://vimeo.com/1189811057/a866adf7be?share=copy&fl=sv&fe=ci>

1)lp Back Slow tuck roll down 20  
<https://vimeo.com/1181646186/d349371baa?share=copy&fl=sv&fe=ci>

2)Active Flex rocking child's Pose 20  
<https://vimeo.com/1181646116/5503f8cb25?share=copy&fl=sv&fe=ci>

3)Static Fig 4 Back Stretch 30 seconds each side  
<https://vimeo.com/1181646165/0f43a9b8a3?share=copy&fl=sv&fe=ci>

4)Bend to Extend Hamstring Kick 20 each side  
<https://vimeo.com/1181646201/2c597e978e?share=copy&fl=sv&fe=ci>

5)Cat Backs 30 seconds  
<https://vimeo.com/901941249/7ab7a4ecdc?share=copy&fl=sv&fe=ci>

6)lp Thoracic Mobility Bridge Foam Roll Rainbow 30 seconds  
<https://vimeo.com/1181205907/c11ff201c4?share=copy&fl=sv&fe=ci>

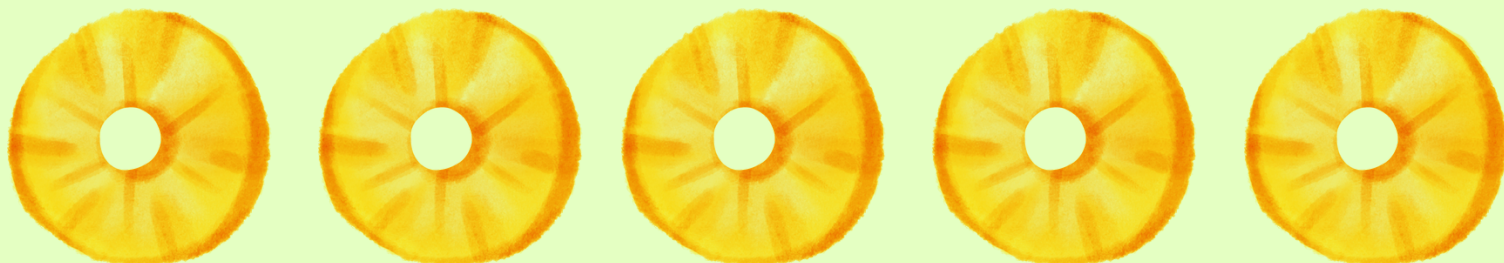
7) lp Prone Lifts Foam Roll 20  
<https://vimeo.com/1181206876/6d1e1ab175?share=copy&fl=sv&fe=ci>

8) Active Flex Thoracic Kneeling Circle (band) 10 each direction  
<https://vimeo.com/1181646546/8282f528d4?share=copy&fl=sv&fe=ci>

9)Thoracic Mobility Foam Roll Alternating Reach Back 10 each side  
<https://vimeo.com/1181206003/4d957b0cfd?share=copy&fl=sv&fe=ci>

10) lp Thoracic Mobility Prone Circles (Foam Roller) 10 each side  
<https://vimeo.com/1181206069/0fd7b252ca?share=copy&fl=sv&fe=ci>

11) lp Thoracic Mobility Bent over circles (standing) 10 each side  
<https://vimeo.com/1181206750/692bf34361?share=copy&fl=sv&fe=ci>



**12) Ip Thoracic Mobility Table Shoulder Circles (supine) 10 each side**  
**<https://vimeo.com/1181205820/4d7d0b2651?share=copy&fl=sv&fe=ci>**

**13) Ip Shoulder Mobility/Thoracic Prone Pullover 20**  
**<https://vimeo.com/1181206044/1f7d798a46?share=copy&fl=sv&fe=ci>**

