






# MOVEMENT PREPARATION




## Boris Cmiljanic



PART 1

Scorpion	OH plate Hip Open	Piriformis Box
<b>Exercise Notes</b> <a href="https://youtube.com/pUWrEvIU3kg">https://youtube.com/pUWrEvIU3kg</a>	<b>Exercise Notes</b> <a href="https://youtube.com/shorts/Hbp-JVpzILc">https://youtube.com/shorts/Hbp-JVpzILc</a>	<b>Exercise Notes</b> <a href="https://youtube.com/shorts/LNr/USfyswg">https://youtube.com/shorts/LNr/USfyswg</a>
 	 	 
Reps: 10 each leg Sets: 2 Rest between sets: 10 sec	Reps: 10 each side Sets: 2 Rest between sets: 20 sec	Reps: 12 each leg Sets: 2 Rest between sets: 10 sec
Adductor Shoot Band	Adductor Ball squeeze	Adductor Pill Wall Slide
<b>Exercise Notes</b> <a href="https://youtube.com/UV6tLISz-to">https://youtube.com/UV6tLISz-to</a>	<b>Exercise Notes</b> <a href="https://youtube.com/-YWHh/BfUA">https://youtube.com/-YWHh/BfUA</a>	<b>Exercise Notes</b> <a href="https://youtube.com/shorts/rzSan3-iUd4">https://youtube.com/shorts/rzSan3-iUd4</a>
 	 	 
Reps: 10 each leg Sets: 2 Rest between sets: 20 sec	Reps: 10 Sets: 2 Rest between sets: 30 sec	Reps: 12 each leg Sets: 2 Rest between sets: 45 sec

PART 2

Stance KB Drop Ecc	Razor Curl	Hamstrings Glider 1
<b>Exercise Notes</b> <a href="https://youtube.com/shorts/yIzhfU-ez4">https://youtube.com/shorts/yIzhfU-ez4</a>	<b>Exercise Notes</b> <a href="https://youtube.com/ky-RUUSHgy4">https://youtube.com/ky-RUUSHgy4</a>	<b>Exercise Notes</b> <a href="https://youtube.com/mPNg_Ed1Stg">https://youtube.com/mPNg_Ed1Stg</a>
 	 	 
Reps: 8 each leg Sets: 2 Rest between sets: 30 sec	Reps: 8 Sets: 2 Rest between sets: 1 min	Reps: 10 each leg Sets: 2 Rest between sets: 45 sec
Reverse Nordic 2	Hamstrings ISO Catch Contralateral	FB ISO trunk rotation
<b>Exercise Notes</b> <a href="https://youtube.com/shorts/cVutagMUUPU">https://youtube.com/shorts/cVutagMUUPU</a>	<b>Exercise Notes</b> <a href="https://youtube.com/scx8juxAk34">https://youtube.com/scx8juxAk34</a>	<b>Exercise Notes</b> <a href="https://youtube.com/KupL_H8XcbY">https://youtube.com/KupL_H8XcbY</a>
 	 	 
Reps: 8 Sets: 2 Rest between sets: 45 sec	Reps: 6 each leg Sets: 2 Rest between sets: 45 sec	Reps: 6 each side Sets: 2 Rest between sets: 45 sec

Above each picture is the video link of exercise and muscle area - click on it!



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