

# 30-Minute Daily Recovery & Activation Routine (6-Week Plan)

This 6-week plan is designed to address:

- Posterior chain tightness
- Inner ankle instability (posterior tibialis)
- Nerve irritation (sciatic & lateral femoral cutaneous)
- Glute & core activation for better movement patterns

Complete this routine 5-6 days per week. Each session takes ~30 minutes.

## Week 1-2

- Warm-Up: Foam roll, 90/90 hip switches, couch stretch
- Glute Activation: Banded clamshells (2x15), Bird-dogs (2x10)
- Hamstring/Ankle Strength: Single-leg glute bridge (2x10), Tibialis posterior banded inversion (2x15)
- Balance: Single-leg balance barefoot (2x1 min), Toe yoga
- Cooldown: Sciatic & LFC nerve flossing (2x10), Hamstring stretch

## Week 3-4

- Warm-Up: Add dynamic lunges and thoracic rotation
- Glute Activation: Side plank leg raises (2x20 sec), Increase resistance band tension
- Hamstring/Ankle Strength: Add hamstring walkouts (2x6), Hold glute bridge longer (3s hold)
- Balance: Add reach variations during single-leg balance
- Cooldown: Maintain flossing; increase hamstring stretch time (1.5 min/side)

## Week 5-6

- Warm-Up: Include high knees and deep squat hold (30s)
- Glute Activation: Clamshells (3x15), Side planks (3x30s)
- Hamstring/Ankle Strength: Add resistance to tibialis inversion, Increase walkouts to 3x6
- Balance: Balance on cushion or BOSU if available
- Cooldown: Maintain nerve flossing, Add pigeon pose