

RECOVER WITH

MINDFUL MOVEMENT

If you've increased your movement to rise to the challenge, you may be feeling soreness or fatigue. Use these mindful movements to help your muscles recover and regenerate. All you need is a tennis ball, a mini band, and a few minutes a day.

ARCH ROLLS - WITH TENNIS BALL

30-60 seconds per arch

- 01 Stand with your shoes off and one foot on the tennis ball.
- 02 Roll the arch of your foot back and forth over the ball, holding for sore spots you find.
- 03 Roll the arch for the prescribed time on one side before repeating on the other side.

FEEL IT

Releasing tension in the arches of your feet. Experience the relief at your desk.



SEATED GLUTE WITH ROTATION - WITH TENNIS BALL

30-60 seconds per glute

- 01 Sit tall and place the tennis ball under your right hip. Reach your right hand behind your head and use your left hand to reach for your opposite knee.
- 02 Staying tall, rotate and open your chest back to the right, and pull your knee up and across your body. Take two deep breaths.
- 03 Hold for the prescribed time on one side before repeating on the other side.

FEEL IT

Relieving tension in your hips and spine. Experience the relief at your desk.



TFL - WITH TENNIS BALL

30-60 seconds per hip

- 01 Lie face down on the ground, using your forearms for support.
- 02 Place the tennis ball under one hip where the top of your pocket would be on a pair of jeans. Subtly roll on the ball until you find a tender spot.
- 03 Hold on this spot for the prescribed amount of time and repeat on any other nearby sore spots.
- 04 Repeat with the opposite leg.

FEEL IT

Releasing tension in your upper thigh.



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SEATED CALF - WITH TENNIS BALL

30-60 seconds per calf

- 01 Sit tall with your right leg out straight, toes pulled toward you. Place the tennis ball under the largest part of your calf.
- 02 Relax your foot and begin gently massaging by rolling the tennis ball up and down your calf.
- 03 Massage the calf for the prescribed time on one side before repeating on the other side.

FEEL IT

Relieving tension in your lower leg.



GLUTE BRIDGE - WITH MINI BAND

10-15 reps

- 01 Lie faceup with a mini band around your legs just above your knees and your arms at your sides, palms facing up.
- 02 Bend your knees at 90 degrees and pull your toes up toward your shins so only your heels touch the floor.
- 03 Increasing tension on the band, fire (squeeze) your glutes to raise your hips off the floor until your knees, hips, and shoulders are in a straight line.
- 04 Hold this position for 1 to 2 seconds, then lower back down to the floor.
- 05 Repeat for the prescribed number of repetitions.

FEEL IT

Working your glutes, and to a lesser degree your hamstrings.



HIP EXTERNAL ROTATION - WITH MINI BAND

10-15 reps

- 01 Place a mini band around your legs just above the knees. Stand with your feet slightly wider than shoulder-width apart, hips back and down, and back flat.
- 02 Keeping one leg stationary, rotate the other knee in and then back out.
- 03 Complete the set on one side before repeating it with the opposite leg.

FEEL IT

Working your glutes. Experience the relief at your desk.

