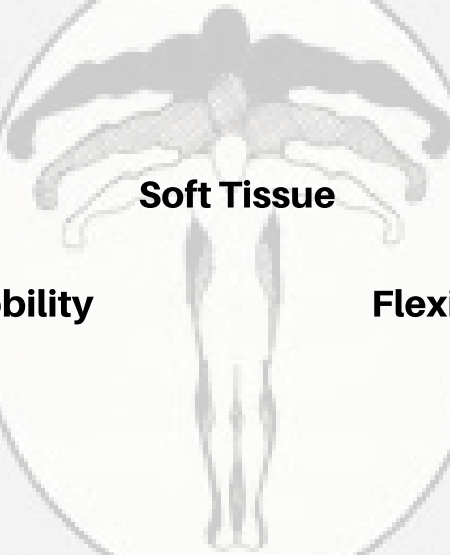


Triple Threat Training

Active Recovery/Regeneration Protocol

"We were made to be Courageous"



Soft Tissue

Mobility

Flexibility

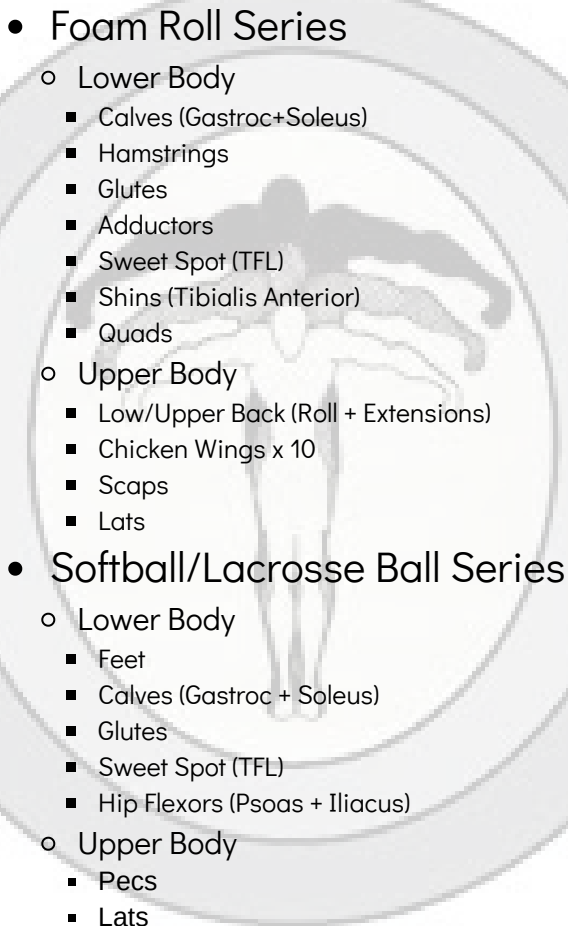
Spiritually

Mentally

Physically

Triple Threat Training

Active Recovery/Regeneration Protocol

- 
- Foam Roll Series
 - Lower Body
 - Calves (Gastroc+Soleus)
 - Hamstrings
 - Glutes
 - Adductors
 - Sweet Spot (TFL)
 - Shins (Tibialis Anterior)
 - Quads
 - Upper Body
 - Low/Upper Back (Roll + Extensions)
 - Chicken Wings x 10
 - Scaps
 - Lats
 - Softball/Lacrosse Ball Series
 - Lower Body
 - Feet
 - Calves (Gastroc + Soleus)
 - Glutes
 - Sweet Spot (TFL)
 - Hip Flexors (Psoas + Iliacus)
 - Upper Body
 - Pecs
 - Lats

Triple Threat Training

Regeneration/Active Recovery Protocol

- Band Series
 - Purple/Green Band
 - Hamstring
 - Adductors
 - Glutes/TFL
 - Quads
 - Pec
 - Shoulder (Posterior Cuff)
- PVC Pipe/Dowel Series
 - Over and Back x 10
 - Diagonal Lifts x 5 ea.
 - Around the World x 5 CW/CCW
 - Sidebend + Rotation x 5 ea.
 - Overhead Squat x 10
 - Deep Squat x 10
 - Lateral Lunge x 5 ea.
 - Single-Leg RDL x 5 ea.

Triple Threat Training

Regeneration/Active Recovery Protocol

- Directions
 - Foam Roll Series
 - Roll for at least 30s unless otherwise noted
 - Glutes
 - Figure-4 position with weight on leg that's crossed
 - Adductors
 - Inside the upper thigh
 - Sweet Spot (TFL)
 - Outside of the hip to mid-thigh
 - Shins (Tibialis Anterior)
 - In between the front and outside of the lower leg
 - Chicken Wings x 10 reps
 - Foam roll positioned vertically along the upper body with the head rested at the top of the roll
 - Hands positioned behind the head
 - Pull elbows down towards the ground
 - Scaps
 - Foam roll positioned vertically along upper body
 - Protract scaps, and shift from side to side

Triple Threat Training

Regeneration/Active Recovery Protocol

- Directions
 - Softball/Lacrosse Ball Series
 - Roll for at least 30s unless otherwise noted
 - Hip Flexors (Psoas + Iliacus)
 - Psoas
 - Draw an imaginary diagonal line from just outside the belly button down to the front of the hip
 - Place ball on belly somewhere between these two landmarks
 - Take a few deep belly breaths while lying on top of the ball
 - Can also prop yourself up onto your forearms/outstretched arms into the cobra pose while the ball is still underneath you in order to further lengthen the muscle
 - LIGHTLY roll if needed and as tolerated
 - Iliacus
 - Place ball in front of the hip bone and lie face down on top
 - Lightly roll out

Triple Threat Training

Regeneration/Active Recovery Protocol

- Directions
 - Softball/Lacrosse Ball Series (cont'd)
 - Roll for at least 30s unless otherwise noted
 - Pecs
 - Space between chest and shoulder
 - Lie face down on top of the ball or press up against the ball on a wall
 - Roll out or actively slide the arm the ball is under up and down along the ground

Triple Threat Training

Regeneration/Active Recovery Protocol

- Directions
 - Band Series
 - Stretch for at least 20s each
 - Adductors
 - Laying on your back, pull one leg straight up in the air
 - While keeping both shoulders flat on the ground, let the leg fall to the outside
 - Pull close to the ground and up
 - Glutes/TFL
 - Laying on your back, pull one leg straight up in the air
 - While keeping both shoulders flat on the ground, swing the leg over the opposite side
 - Pull close to the ground and up
 - Pec
 - Band anchored from above
 - Arm is looped through the band
 - Body facing away from band with arm directly behind body

Triple Threat Training

Regeneration/Active Recovery Protocol

- Directions
 - Band Series (cont'd)
 - Shoulder (Posterior Cuff)
 - Band anchored from above
 - Arm is looped through the band
 - Body facing away from band with arm across the body and towards the rack
 - PVC Pipe/Dowel Series
 - Any stick-like object (pvc pipe, dowel, broom, etc.) can be used
 - Over and Back x 10
 - Stick starts in both hands held out in front and around waist level
 - Hands should be fairly far apart (think snatch grip)
 - Raise stick up over your head and attempt to touch your back/butt before bringing it back the same starting position
 - Perform 10 over and back in a row while attempting to keep elbows extended

Triple Threat Training

Regeneration/Active Recovery Protocol

- Directions
 - PVC Pipe/Dowel Series (cont'd)
 - Any stick-like object (pvc pipe, dowel, broom, etc.) can be used
 - Diagonal Lifts x 5 ea.
 - Place one hand on either end of the stick
 - Opposite hand will be on the stick further down for a wide grip (similar distance to over and back exercise)
 - Use the hand on either end of the stick to push in the opposite direction (stick in left end, push right) so the other arm is moved into an overhead position
 - Hold in this position for a few second before bringing back down prior to the next rep
 - Around the World x 5 Clockwise/Counter Clockwise
 - Use same wide grip as the over and back exercise
 - While attempting to keep the elbows extended, pull the stick up and around your head in a circular-like motion

Triple Threat Training

Regeneration/Active Recovery Protocol

- Directions
 - PVC Pipe/Dowel Series (cont'd)
 - Any stick-like object (pvc pipe, dowel, broom, etc.) can be used
 - Side Bend + Rotation x 5 ea.
 - From a seated position, place the dowel on the back of the shoulders/neck (like a back squat)
 - Place a pillow, foam roll or similar object between the knees to squeeze
 - While squeezing this object, rotate as far as possible to either side
 - Add a side bend before rotating back
 - With each rep, attempt to rotate a little further than before prior to the subsequent side bend
 - Deep Squat x 10
 - Place the stick vertically out in front of you with one end on the ground
 - While holding on with both hands, slide down the stick into a deep squat position
 - Hold this position for a few seconds before standing back up

Triple Threat Training

Regeneration/Active Recovery Protocol

- Directions
 - PVC Pipe/Dowel Series (cont'd)
 - Any stick-like object (pvc pipe, dowel, broom, etc.) can be used
 - Lateral Lunge x 5 ea.
 - Stick placed on the back of the shoulders/neck
 - Single-Leg RDL x 5 ea.
 - Place one end of the stick on top of either foot with other hand placed around shoulder height
 - While pulling up on the foot with the stick to actively keep it in place, bend at the waist and reach the heel back to perform a single-leg RDL