

RTS Sample Warm-up

Release

| Foam Roller/ Ball | Frequency | Reps | Timing |
|-------------------|-----------|---------------|-------------|
| Problem Area #1 | Daily | 20-40 seconds | Pre-workout |
| Problem Area #2 | Daily | 20-40 seconds | Pre-workout |
| Problem Area #3 | Daily | 20-40 seconds | Pre-workout |
| Problem Area #4 | Daily | 20-40 seconds | Pre-workout |
| Problem Area #5 | Daily | 20-40 seconds | Pre-workout |

Reset

| Exercise | Sets x Reps | Tempo | Comments |
|-------------|-------------|----------|----------|
| Squat Reset | 1 x 8-10 | 1 breath | |

Readiness

| Exercise | Repetitions |
|---------------------------|--------------------|
| Straight Leg Raise | 6-8 Reps Each Side |
| Side-Lying Rotation Reach | 6-8 Reps Each Side |
| Glute Bridge | 8 Reps |
| Half-Kneeling Rotation | 6-8 Reps Each Side |
| Broomstick Pec Mobs | 6-8 Reps Each Side |
| Reverse Lunge with Twist | 5 Reps Each Side |
| Push-up to Downward Dog | 6-8 Reps |
| Pull-Back Butt Kicks | 6-8 Reps Each Side |
| Forearm Wall Slides | 6-8 Reps |
| Wall Ankle Mobilizations | 6-8 Reps Each Side |
| Goblet Squats | 6-8 Reps |