

MASTERS OLYMPIC WEIGHTLIFTING MOBILITY PROGRAM		
WK 1, DAY 1: VIDEO 1	DAY 2: VIDEO 1	DAY 5: VIDEO 1
BEFORE: T-Spine Roller Stretch	BEFORE: Wall Hip Flexor Stretch with Overhead Reach	<u>BEFORE:</u> Hamstring Press
AFTER: Lats Roll on Rumble Roller	AFTER: Front Rack Band Stretch	AFTER: Dorsiflexion Plate Stretch, Ankle Extension Stretch
WK 2, DAY 8: VIDEO 2	DAY 10: VIDEO 2	DAY 11: VIDEO 2
<u>BEFORE:</u> Piriformis Roll Out	BEFORE: Quads Roll	BEFORE: Rotator Cuff Mobilization
AFTER: Wall Hip Flexor Stretch with Overhead Reach (see day 2)	<u>AFTER:</u> Iliacus Press	AFTER: Ball on Stick in Subscap
WK 3, DAY 15: VIDEO 3	DAY 17: VIDEO 3	DAY 19
BEFORE: Olympic Wall Squat	BEFORE: T- Spine Roller Stretch (see day 5)	BEFORE: Wall Hip Flexor Stretch with Overhead Reach (see day 2)
AFTER: Front Rack Band Stretch (see day 2)	AFTER: Dorsiflexion Wall Foot Stretch, Ankle Extension Stretch (see day 5)	AFTER: Piriformis Roll Out (see day 8)
WK 4, DAY 22: VIDEO 4	DAY 24: VIDEO 4	DAY 26: VIDEO 4
BEFORE: Banded Hip Flexor Stretch	BEFORE: Single Lacrosse Ball Low Back Smash	BEFORE: Lats Roll (see day 1)
AFTER: Ball in Gluteus Medius	AFTER: Adductors Roll	AFTER: Overhead Tissue Smash 1 (see day 11)
WK 5: DAY 29	DAY 31	DAY 33: VIDEO 4
BEFORE: Front Rack Band Stretch (see day 2)	BEFORE: T-Spine Roller Stretch (see day 5)	BEFORE: Ball on Rhomboids
AFTER: Olympic Wall Squat (see day 15)	AFTER: Quads Roll (see day 9)	AFTER: Adductor Roll
WK 6: DAY 36	DAY 37	DAY 39
BEFORE: Banded Hip Single Leg Squat (see day 22)	BEFORE: Lats Roll (see day 1)	BEFORE: Iliacus Press (see day 9)
AFTER: Ball in Gluteus Medius (see Day 22)	AFTER: Overhead Tissue Smash 1 (see day 11)	AFTER: Ball on Rhomboids (see day 33)
WK 7: DAY 43	DAY 45	DAY 47
BEFORE: Olympic Wall Squat (see day 15)	BEFORE: Wall Hip Flexor Stretch (see day 2)	BEFORE: T-Spine Roller Stretch (see day 5)
AFTER: Ball on Stick in Subscap (see day 11)	AFTER: Lats Roll (see day 1)	AFTER: Piriformis Roll Out (see day 8)
WK 8: DAY 50	DAY 51	DAY 53
BEFORE: Adductors Roll (see day 24)	BEFORE: T-Spine Roller Stretch (see day 5)	BEFORE: Lats Roll (see day 1)
AFTER: Overhead Tissue Smash 1 (see day 11)	AFTER: Single Lacrosse Ball Low Back Smash (see day 24)	AFTER: Iliacus Press (see day 9)