



# **INJURY PREVENTION AND STRENGTH TRAINING RESOURCES**

## **ROB JACKSON'S BODY WEIGHT FLUSH RECOVERY**

# BODY WEIGHT FLUSH RECOVERY

- THIS IS AN ACTIVE MOBILITY/RECOVERY SESSION COMBINING ELEMENTS OF YOGA, FRC, CALISTHENICS
- PROMOTES MOBILITY ALONG WITH STRENGTH, FLEXIBILITY AND CONTROL
- IT'S NOT DESIGNED TO BE 'HARD' BUT IT DOES OPEN THE HIPS AND LUMBAR AREA
- KEY FIELD/BOUNDARY UMPIRE AREAS
- YOU MAY NOT HAVE GREAT RANGE TO START BUT THOSE WHO CONSISTENTLY UTILISE WILL SEE RAPID IMPROVEMENT

<u>Duck Walks</u>	10m Up/Back
<u>Lateral Squat and Reach Walk</u>	10m Left/ 10m Right
<u>Reverse Duck Walk</u>	10m Up/Back
<u>Inchworm to Push Up</u>	10m Up/Back
<u>Deep Squat and Rotate Walk</u>	10m Up/Back