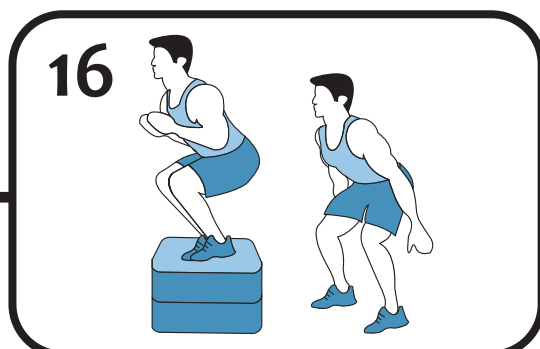
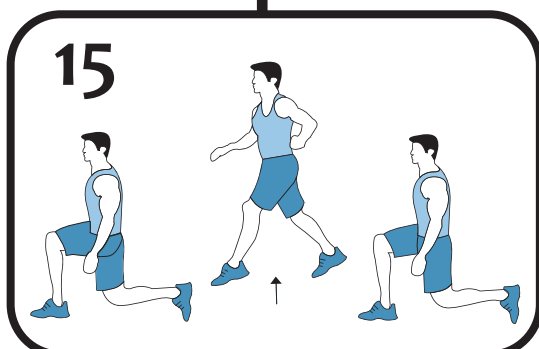
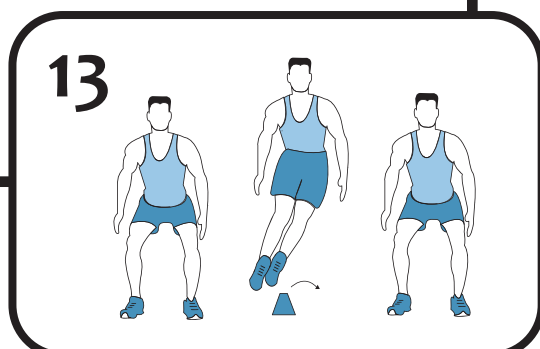
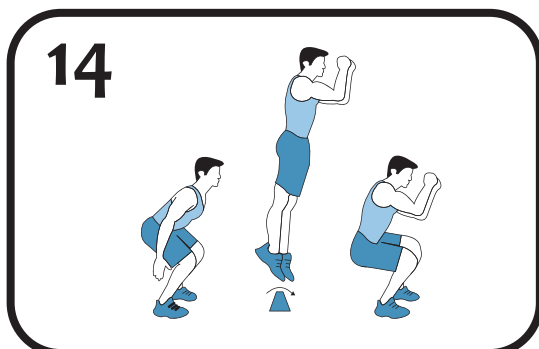
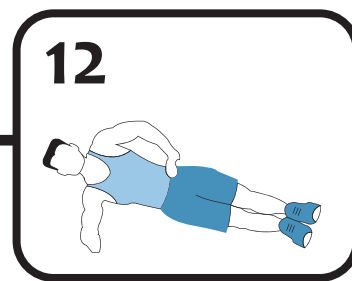
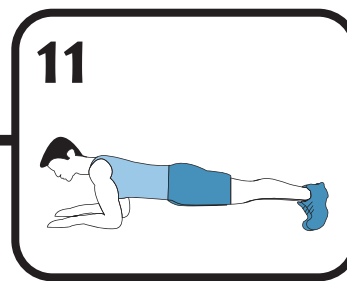
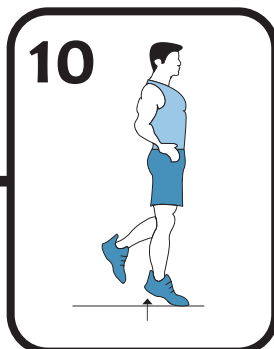
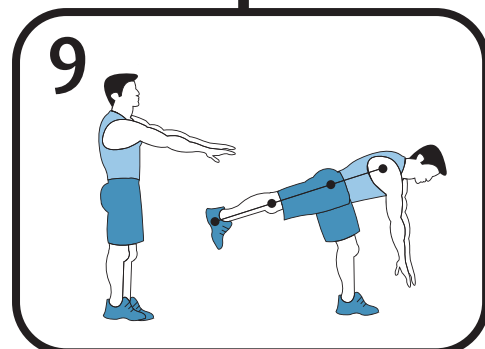
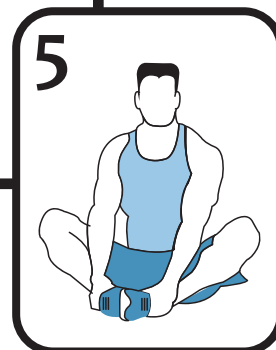
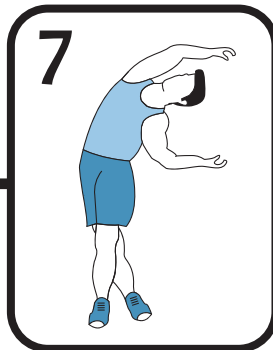
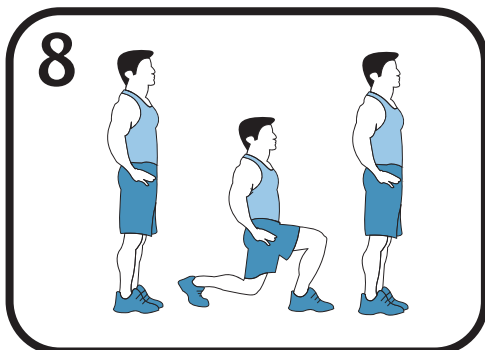
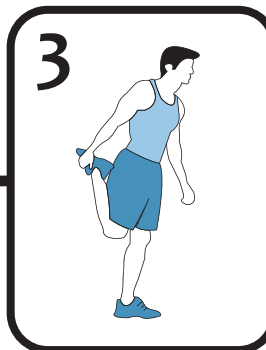
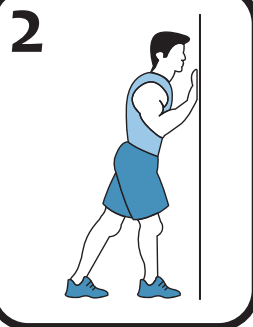
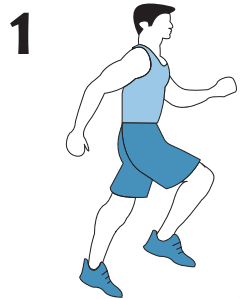
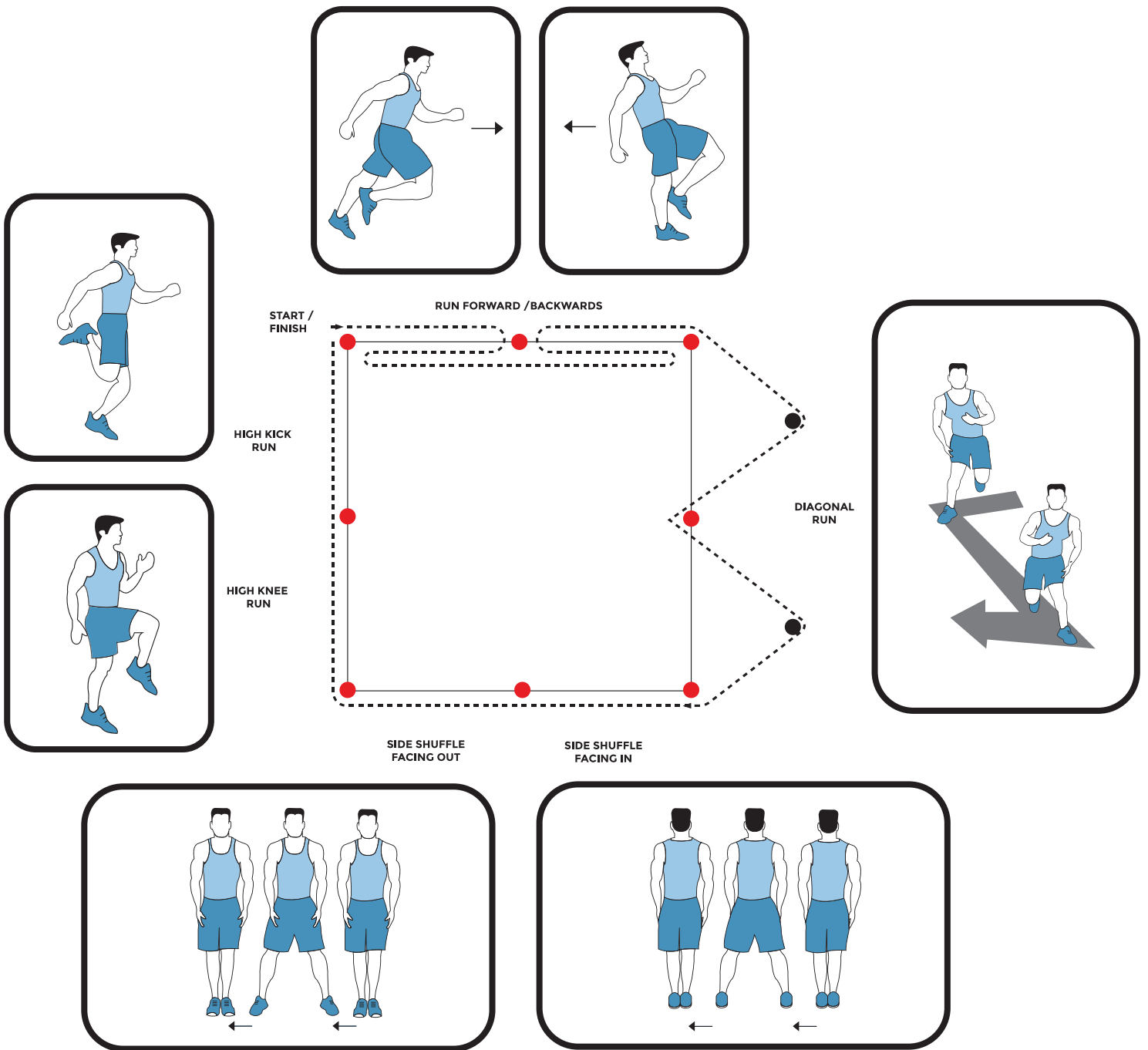


# RTS SUMMARY

CO.REI 

**CO.RE**  
Return to  
Sport





- |                               |                                   |
|-------------------------------|-----------------------------------|
| <b>1</b> Warm up              | <b>10</b> Single Leg Heel Raise   |
| <b>2</b> Calf Stretch         | <b>11</b> Bench                   |
| <b>3</b> Quadricep Stretch    | <b>12</b> Side Plank              |
| <b>4</b> Hamstring Stretch    | <b>13</b> Side Jump Over Cone     |
| <b>5</b> Hip Adductor Stretch | <b>14</b> Forward / Backward Jump |
| <b>6</b> Hip Flexor Stretch   | <b>15</b> Scissor Jump            |
| <b>7</b> ITB Stretch          | <b>16</b> Box Jump                |
| <b>8</b> Walking Lunges       | <b>17</b> Running Drills          |
| <b>9</b> Romanian Deadlift    | <b>18</b> Warm Down               |