

Mobile AF

10min per day, 40min per week



Training P	lan STRETCHING- MAY 2024	
Goal	Improve Performance	
Start date	Time 4 End date	COACHED BY
Instructions	If you have any questions or concerns regarding your Perfectfit4u Program, please contact your coach.	Sishigh



Activities marked with this sign and with the same number, belong together as a Superset or Circuit. Ask your coach for further explanation in case of any questions.

Day 1	Date	/	/	/	/	/	/	/
Instructions								
	Duration	00:10:00						
	Distance	0						
	Speed	0						
COACHED BY Ashlyn	Kcal							
Jishlyh	Note							

Thorical mobilisation roll - FR					Į	Jpper Back
tion.	Set 1	60 s				
1 2	Note					
The state of the s						

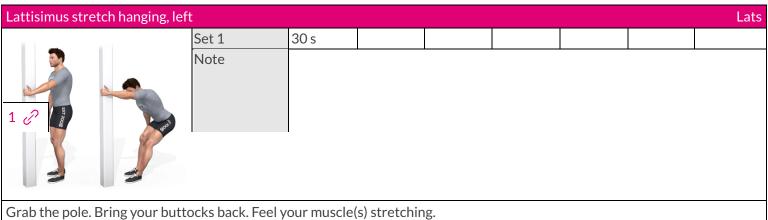
Place your upper back on the foam roller. Keep your knee bent. Place your feet flat on the floor. Keep your movements calm and controlled.

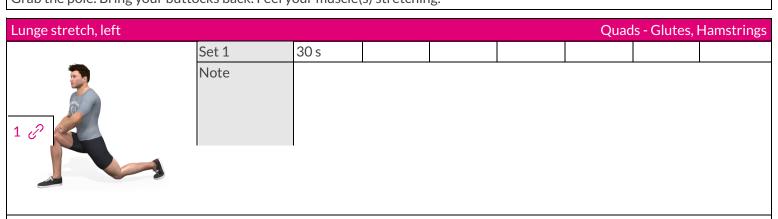
Quadriceps roll - FR							Quad
	Set 1	60 s					
	Note						
2							
Place both legs on the foamr	allar Cupport	voursalf with w	our forcorm	c Contlyre	all back and	forth	

Hip extension knee fixed sup	pine, right -					Glutes, Lo	wer Back - I	Hamstrings
FR			<u> </u>	T		<u> </u>	I	I
	Set 1 Note	30 s						
Lie flat on the floor. Place or	ne leg on the p	latform. Hold yo	our knee. Lit	t your hips	up.			
Hip extension knee fixed sup			_	1	1	Glutes, Lo	wer Back -	Hamstrings
	Set 1 Note	30 s						
10								
Lie flat on the floor. Place or	ne leg on the p	latform. Hold yo	our knee. Lif	t your hips	up.			
Calf roll - FR								Calves
	Set 1	30 s						
10	Note							
Place both legs on the foam	roller. Support	yourself with y	our arms. G	ently roll b	ack and fort	th.		
Glute stretch forced, left							Abduc	tor - Glutes
	Set 1	60 s						
1 2	Note							
Lay on your back on the floo	or. Place your h	ands on your th	nighs. Bend y	your leg. Pla	ace one leg	over the oth	ner leg. Feel	your
muscle(s) stretching.								

Glute stretch forced, right							Abduc	tor - Glutes
	Set 1	60 s						
1 &	Note							
Lay on your back on the floor. muscle(s) stretching.	Place your hands	s on your thi	ghs. Bend y	our leg. Pla	ce one leg o	over the oth	er leg. Feel	your
Triceps stretch behind the bac	٠ <u>٧</u>							Triceps
Triceps stretch bernitu the bac	Set 1	30 s						ПССРЗ
1 7	Note	30 3						
Stand up straight. Move your	arms backward. \	Weave your	fingers tog	ether. Stret	ch your arn	ns.		
Lateral stretch, right					I	I	I	Obliques
1 &	Set 1 Note	30 s						
Place your feet in stride positi	on. Tighten all of	the core mu	uscles. Exte	nd one arm	up. Move y	our torso to	o the side.	
Lateral stretch, left								Obliques
*	Set 1	30 s						
10	Note							
Place your feet in stride positi	on. Tighten all of	the core mu	ıscles. Exte	nd one arm	up. Move y	our torso to	o the side.	

Lattisimus stretch hanging, rig	ght					Lats
	Set 1	30 s				
1 2	Note					
Grab the pole. Bring your butt	ocks back. Feel y	our muscle	(s) stretchin	g.	 	
Lattisimus stretch hanging, let	ft					Lats





Place your feet in split squat stance. Place your hands on your thighs. Move the rear knee towards the ground. Keep your back in a neutral position. Feel your muscle(s) stretching.

-	Set 1	30 s			
	Note				

Place your feet in split squat stance. Place your hands on your thighs. Move the rear knee towards the ground. Keep your back in a neutral position. Feel your muscle(s) stretching.

Sumo squat stretch					Quads	- Glutes, H	amstrings, l	Lower Back
3	Set 1	30 s						
1 0	Note							
Place your feet outside hip wid	lth. Place your h	ands on the	ground. Ext	end both le	egs. Stand u	p straight.		
The acceptation of the ball of the state of								I I a mara di mina ana

Hamstring stretch standing							Hamstrings
Transcring serecen scanding	Set 1	30 s					ramstrmgs
1 2	Note						
Stand up straight. Bring your h	ands down. Rea	ch as far as p	ossible wit	h your hand	d.		

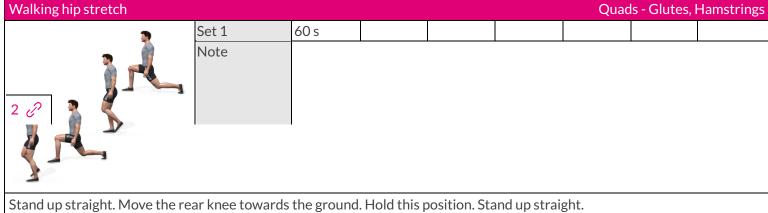
Quadriceps stretch hip extensi	ion, left				Quads
-	Set 1	30 s			
1 0	Note				

Stand on one leg. Keep your back in a neutral position. Keep your knees next to each other. Bend your knee. Grab your foot with your hand. Feel your muscle(s) stretching.

Quadriceps stretch standing,	right				Quads
<u>^</u>	Set 1	30 s			
10	Note				

Stand on one leg. Keep your back in a neutral position. Keep your knees next to each other. Bend your knee. Grab your foot with your hand. Feel your muscle(s) stretching.

Training Plan	STI	RETCHING	- MAY 2	024				
Goal Improve P	erformance							
Start date	Time 4		End date		-	COAC	HED BY	
	ou have any questio fectfit4u Program, p						ityit	
1/1	with this sign and wi explanation in case o			ng togethe	r as a Supe	rset or Circu	iit. Ask you	ır
Day 2	Date	/	/	/	/	/	/	/
Instructions								
	Duration	00:10:00						
	Distance	0						
	Speed	0						
COACHED BY	Kcal							
Ashlyn	Note							
Walking hip stretch						Quad	s - Glutes,	Hamstrings
3	Set 1	60 s						
3 1	Note							



Abdominal stretch lying

Set 1 30 s

Note

Lay down on your stomach. Place your lower arms on the floor. Stretch your arms. Move your torso back.

Sit on the floor. Hold your knees. Gently roll back and forth. Quadriceps stretch kneeling	Rolling it offt back spirial fliobil	iisation						MD3 5	iti aigi it Abs
Sit on the floor. Hold your knees. Gently roll back and forth. Quadriceps stretch kneeling	3	Set 1	30 s						
Quadriceps stretch kneeling Set 1 30 s Set 1 S	2 0				1	'		1	
Acceptance on the ground. Toes pointing backwards. Keep your back in a neutral position. Place your palms on the floor. Keep your shoulders over your hands. Feel your muscle(s) stretching. Chest stretch standing, right Set 1 30 s									
Kneel on the ground. Toes pointing backwards. Keep your back in a neutral position. Place your palms on the floor. Keep your shoulders over your hands. Feel your muscle(s) stretching. Chest stretch standing, right Set 1 30 s Note Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this position. Chest stretch standing, left Chest stretch standing, left Chest stretch standing. In the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this position. Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this position.	Sit on the floor. Hold your kne	es. Gently roll ba	ck and forth	٦.					
Kneel on the ground. Toes pointing backwards. Keep your back in a neutral position. Place your palms on the floor. Keep your shoulders over your hands. Feel your muscle(s) stretching. Chest stretch standing, right Set 1 30 s Note Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this position. Chest stretch standing, left Chest Set 1 30 s Note Set 1 30 s Note Set 1 Note Set 1 Note Set 1 Note Set 1 Note Chest Stretch standing. left Chest Set 1 Note Set 1 Note Note	Quadriceps stretch kneeling								Quads
Kneel on the ground. Toes pointing backwards. Keep your back in a neutral position. Place your palms on the floor. Keep your shoulders over your hands. Feel your muscle(s) stretching. Chest stretch standing, right Set 1 30 s Note Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this position. Chest stretch standing, left Chest Set 1 30 s Note Set 1 30 s Note Set 1 30 s Set 1 30 s Note			30 s						
Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this Set 1 30 s Note Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this position. Chest stretch standing, left Chest Set 1 30 s Note Set 1 30 s Set 1 Note									
Set 1 30 s					eutral positi	ion. Place yo	our palms o	n the floor.	Keep your
Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this position. Chest stretch standing, left Set 1 30 s Note 2 2 3 Note Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this	Chest stretch standing, right						C	hest - Fron	t Shoulders
Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this position. Chest stretch standing, left Set 1 30 s Note Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this		Set 1	30 s						
Chest stretch standing, left Set 1 30 s Note Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this									
Chest stretch standing, left Set 1 30 s Note Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this		ne forearm agair	nst the wall.	Move your	torso forw	ard. Feel yo	ur muscle(s) stretching	g. Hold this
Set 1 30 s	position.								
Note Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this	Chest stretch standing, left								Chest
2 2 Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this			30 s						
	2 8	Note							
LINGSHIAN	Stand next to the wall. Place o position.	ne forearm agair	nst the wall.	Move your	torso forw	ard. Feel yo	ur muscle(s) stretching	g. Hold this

Upper back stretch standing							ا	Upper Back
	Set 1	30 s						
2 2 36	Note							
Stand up straight. Bring your a	arms forward. W	eave your fi	ngers toget	her. Stretch	n your arms	. Feel your	muscle(s) st	retching.
Big toe pose								Hamstrings
	Set 1	30 s						
<i>₹</i> , 200	Note	Coach note	e: Only go a	s far as you	are comfoi	rtable. You	should feel	a good
8			t there shou	ıld be NO p	ain or tingli	ng. If there	is, back off	the stretch
		a bit.						
2 8								
*								
Place your feet at hip width. M	love your torso f	forward. Gra	ab your toes	6.				
Flexion hip lying, left								Hamstrings
	Set 1	30 s						
	Note							
2 &								
2 8								
Lay on your back on the floor.	Pull your knee to	owards your	body.					
Flexion hip lying, right								Hamstrings
	Set 1	30 s						
	Note							
2 0								
	- ·							
Lay on your back on the floor.	Pull your knee to	owards your	body.					

Hip stretch, right						Qua	ds - Glutes,	Hamstrings
	Set 1	30 s						
2 8	Note							
Get down in a kneeling pos	ition. Push you	r hips forward	. Feel your m	uscle(s) str	etching.			
Hip stretch, left						Qua	ds - Glutes,	Hamstrings



Cat pose

Set 1 60 s

Note

Coach note: Do 1 min of Cat & Cow pose TOGETHER.

Kneel on the ground. Place your hands on the ground. Make your back convex (round). Tighten the abdominal muscles. Pull in the belly button.

Set 1	60 s					
Note	Coach note	e: Do 1 min	of Cat & Co	ow pose TO	GETHER.	

Child pose							Quads,	Hamstrings
	Set 1	60 s						
	Note							
2 &								
Kneel on the ground. Bring you	ır huttocks back	Move vour	torso forw	ard Place v	Our arms o	n the floor		

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stretching.

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Day 3	Date	/	/	/	/	/	/	/
Instructions								
	Duration	00:10:00						
	Distance	0						
	Speed	0						
COACHED BY Ashlyn	Kcal							
Jishlyh	Note							

Chest stretch seated					Chest
	Set 1	30 s			
3 0	Note				

Place one hand on your thigh. Move your torso to the side. Feel your muscle(s) stretching. Hold this position.

Glute stretch assisted seated,	left				Glutes	- Abductor
	Set 1	30 s				
3 0	Note					

Glute stretch assisted seate	u, i igiit						Glutes	- Abductor
_	Set 1	30 s						
TO CONTRACT OF THE PARTY OF THE	Note							
3 @								
Bend your leg. Place one leg stretching.	over the othe	r leg. Place you	r hands on y	our thighs.	Push your le	eg downwai	rd. Feel you	r muscle(s)
Hamstring stretch seated, le							Hamstr	ings, Glutes
	Set 1 Note	30 s						
3 0								
Extend one leg. Move your t	orso forward.	Feel your musc	cle(s) stretch	ing.				
Hamstring stretch seated, ri	ight						Hamstri	ings, Glutes
6	Set 1	30 s						
3 &	Set 1 Note	30 s						
3 8	Note							
	Note		cle(s) stretch	ing.				
3 8	Note orso forward.	Feel your musc	cle(s) stretch	ing.		Quac		Hamstrings
Extend one leg. Move your t	Note orso forward. alternated Set 1		cle(s) stretch	ing.		Quac		Hamstrings
Extend one leg. Move your t	Note orso forward.	Feel your musc	cle(s) stretch	ing.		Quac		Hamstrings
Extend one leg. Move your to Knee lift hamstring stretch,	Note orso forward. alternated Set 1 Note	Feel your musc			ove your to		ds - Glutes,	

Adductor stretch standing, let	t - Rig							Adductor
	Set 1	30 s						
3 &	Note							
Stand next to the wall rack. Pl position.	ace your foot on	the wall rac	k. Move you	ır torso forv	ward. Place	one hand o	n your thig	h. Hold this
Hamstring stretch standing, le	eft - Rig							Hamstrings
riamsering serecer seariams, ic	Set 1	30 s						ramsermgs
3 &	Note	30'\$						
Stand next to the wall rack. Pl	ace your foot on	the wall rac	k. Grab the	wall rack. M	love your to	orso forwar	d. Hold this	s position.
Adductor stretch standing, rig	ght - Rig							Adductor
Adductor stretch standing, rig	Set 1 Note	30 s						Adductor
	Set 1 Note		k. Move you	ur torso for	ward. Place	one hand c	on your thig	
Stand next to the wall rack. Pl	Set 1 Note ace your foot on		k. Move you	ur torso for	ward. Place	one hand c		
Stand next to the wall rack. Pl position.	Set 1 Note ace your foot on ight - Rig Set 1 Note	the wall rac						h. Hold this Hamstrings

Calf stretch standing, left								Calves
	Set 1	30 s						
	Note							
3 8								
Place your feet in stride position	n. Shift your we	ight onto or	ne leg. Feel	your muscle	e(s) stretchi	ing. Hold th	is position.	
	,			,			•	
Calf stretch standing, right	-		<u> </u>	<u> </u>	I	<u> </u>	I	Calves
	Set 1	30 s						
	Note							
3 2								
Place your feet in stride position	n. Shift your we	ight onto or	ne leg. Feel	your muscle	e(s) stretchi	ing. Hold th	is position.	
Intense side stretch pose, left						H	amstrings. L	ower Back
	Set 1	30 s					<i>,</i>	
	Note		<u> </u>					
3 8								
	•	•						
Lunge forward. Extend both le	gs. Move vour to	rso forward	d. Place vou	r fingers on	the ground	d.		
				<u></u>	0. 2 3			
Intense side stretch pose, right							Abs - S	traight Abs
	Set 1	30 s						
	Note							
3 &								
Place your feet next to each ot	her. Step forwar	d. Place you	ır fingers or	n the ground	d. Feel your	muscle(s) s	tretching.	

Sumo squat stretch					Quads	- Glutes, H	amstrings,	Lower Back
2	Set 1	30 s						
3 0	Note							
Place your feet outside hip wid	dth. Place your h	ands on the	ground. Ex	tend both le	egs. Stand u	p straight.		
Glute stretch lying, left							Abduc	tor - Glutes
	Set 1	30 s						
	Note		•	•	•		•	•

Glute stretch lying, left					Abduc	tor - Glutes
	Set 1	30 s				
	Note					
3 8						

Lay on your back on the floor. Place your hands behind your head. Bend your leg. Place one leg over the other leg. Feel your muscle(s) stretching.

Glute stretch lying, right					Abduc	tor - Glutes
	Set 1	30 s				
	Note					
3 2						

Lay on your back on the floor. Place your hands behind your head. Bend your leg. Place one leg over the other leg. Feel your muscle(s) stretching.

Hamstring stretch straight leg	, right				Hamstrings
	Set 1	30 s			
3 8	Note				

Lay on your back on the floor. Extend one leg. Place your hands on your thighs. Pull your leg towards you. Feel your muscle(s) stretching.

Hamstring stretch straight leg, left								
	Set 1	30 s						
	Note							
3 &								

Lay on your back on the floor. Extend one leg. Place your hands on your thighs. Pull your leg towards you. Feel your muscle(s) stretching.

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Day 4	Date	/	/	/	/	/	/	/
Instructions								
	Duration	00:08:00						
	Distance	0						
	Speed	0						
COACHED BY	Kcal							
Jishlyh	Note	Coach note	: Complete	4 min stret	cching circu	it below 2x.		

Neck stretch sideways seated,	left				Neck ·	- Shoulders
	Set 1	30 s				
4 0	Note					

Keep your back in a neutral position. Relax your shoulders. Place one hand on the side of your head. Push your head to the side. Feel your muscle(s) stretching.

Neck stretch sideways seated, right Neck - Shoulders								
	Set 1	30 s						
40	Note							

Keep your back in a neutral position. Relax your shoulders. Place one hand on the side of your head. Push your head to the side. Feel your muscle(s) stretching.

Wrist stretch forward, left							Forearms
	Set 1	30 s					
4 8	Note						
Grab your wrist. Extend one a	rm up. Bend youi	wrist.					
NAtional standards be allowed by the							Г
Wrist stretch backward, left		ı					Forearms
4 P	Set 1 Note	30 s					
Grab your wrist. Extend one a	rm forward. Ben	d vour wrist					
Grab your Wrist. Externa one at	·····oi wara. Ben	a your *******	•				
Deltoid stretch standing, right					Back	Shoulders	- Shoulders
	Set 1	30 s					
4 2	Note						
Place your arm straight before	your chest. Pres	ss yoru arm	towards yo	ur body.			
Deltoid stretch standing, left					Back	Shoulders	- Shoulders
	Set 1	30 s					
4 2	Note						
Place your arm straight before	vour chest. Pres	ss voru arm	towards vo	ur body			
r lace your arm straight before	, our chestrines	33 yor a arrii	towards yo	ui bouy.			l

Chest stretch front, right				Chest - Front	t Shoulders
	Duration	00:00:30			
	Distance	0			
	Speed	0			
	Kcal				
	Note				
4 8					
Bend one arm 90 degrees. K	eep your chest i	forward. Pull your	arm backward.		
Chest stretch front, left				Chest - Front	Shoulders

nest stretch front, left				Chest - Fron	t Shoulder
	Duration	00:00:30			
	Distance	0			
1000	Speed	0			
	Kcal				
	Note				
P					

Bend one arm 90 degrees. Keep your chest forward. Pull your arm backward.

Instructions		
	Duration	00:03:00
	Distance	0
	Speed	0
COACHED BY	Kcal	
Ashlyn	Note	Coach note: Complete the 4 exercises together as a *flow* 10x

Cat pose							Abs - S	traight Abs
	Set 1	5 s						
	Set 2	5 s						
	Set 3	5 s						
	Set 4	5 s						
	Set 5	5 s						
	Set 6	5 s						
	Set 7	5 s						
	Set 8	5 s						
	Set 9	5 s						
	Set 10	5 s						
	Note							
5 8								
Kneel on the ground. Place you	ur hands on the g	round. Mak	e your back	convex (ro	und). Tight	en the abdo	ominal musc	cles. Pull in

the belly button.

low pose				Lower Bac
	Set 1	5 s		
	Set 2	5 s		
	Set 3	5 s		
	Set 4	5 s		
	Set 5	5 s		
	Set 6	5 s		
	Set 7	5 s		
	Set 8	5 s		
	Set 9	5 s		
	Set 10	5 s		
	Note		•	
8				

Cobra pose						Lower Back
	Set 1	5 s				
	Set 2	5 s				
	Set 3	5 s				
	Set 4	5 s				
	Set 5	5 s				
	Set 6	5 s				
	Set 7	50 s				
	Set 8	5 s				
	Set 9	5 s				
	Set 10	5 s				
	Note					
5 P						
5 🕜	Set 8 Set 9 Set 10 Note	5 s 5 s 5 s	d. Stretch v	our arms.		

extended puppy pose					Abs	- Straight Abs
	Set 1	5 s				
	Set 2	5 s				
	Set 3	5 s				
	Set 4	5 s				
	Set 5	5 s				
	Set 6	5 s				
	Set 7	5 s				
	Set 8	5 s				
	Set 9	5 s				
	Set 10	5 s				
	Note		<u>,</u>	,	,	
5 P						