

Sunday Morning Pre-Physio Plan

Total Time: ~1hr 45mins (modular - adjust as needed)

Warm-Up (5-10 mins)

- Arm circles x10 each way
- Shoulder rolls x10
- Band pull-aparts x15
- Glute bridges (double leg) x10 - only if pain-free
- Bird dogs x10/side
- 2 mins light Wattbike or incline treadmill walk if pain-free

Upper Body & Core (30-45 mins)

Circuit A: Push-Pull Superset (3-4 rounds)

1. Dumbbell Bench Press or Chest Press Machine - 10-12 reps
2. Seated Row or TRX Row - 10-12 reps
3. Band Face Pulls - 15 reps
4. Rest 60s

Circuit B: Overhead & Stability (3 rounds)

1. Dumbbell Shoulder Press (seated) - 8-10 reps
2. Lat Pulldown - 10-12 reps
3. Farmer's Carry (dumbbells) - 20m walk
4. Rest 60-90s

Core Finisher (3 rounds)

1. Plank Hold - 30s
2. Deadbugs - 10/side
3. Russian Twists - 20 reps total

Mobility (15-20 mins)

1. Hip 90/90 Rotations - 10/side
2. World's Greatest Stretch (omit quad part) - 5/side
3. Foam Roll: upper back, glutes, hamstrings - 60s per area
4. Cat-Cow + Thoracic Twists - 10 reps
5. Banded Hamstring Stretch (lying) - 30s/side
6. Child's Pose - 60s
7. Breathing reset - 5 mins diaphragmatic breathing

Hydrotherapy (~30 mins)

- 5 min water walk (waist-deep)
- 3 rounds of: 1 min deep water jogging, 1 min light treading water
- 10 flutter kicks holding edge (if pain-free)
- 5 min float/stretch or gentle water movement

Recovery (~30-45 mins)

- Normatec compression boots - 20-30 min
- Massage gun - glutes, calves, hamstrings
- Sauna/steam room - 10-15 min
- Cold plunge/shower - 2-3 min (optional)
- Refuel: protein shake + fruit or collagen + orange juice