

# PRE / POST SLEEP ROUTINE

ADAPT TRAINING PM ROUTINE	
<p>① <b>STATIC LUNGE</b></p>  <p><b>5X EACH LEG</b></p>	<p>② <b>CLAPPERS</b></p>  <p><b>20X</b></p>
<p>③ <b>PULLOVERS</b></p>  <p><b>20X</b></p>	<p>④ <b>STATIC BACK</b></p>  <p><b>5 - 20 MINUTES</b></p>

The PM routine is designed to engage opposing muscles in the body to counter any overuse or uneven fatigue.

This routine should be performed immediately prior to getting into bed and a minimum of 5 nights a week.

ADAPT TRAINING AM ROUTINE	
<p>① <b>ARM CIRCLES</b></p>  <p><b>20X EACH DIRECTION</b></p>	<p>② <b>CATS &amp; DOGS</b></p>  <p><b>10X</b></p>
<p>③ <b>AIR BENCH</b></p>  <p><b>30 SECONDS</b></p>	

The AM routine will activate coordinated movement to prevent unnecessary strain on a joint that may have a connected muscle in a dormant spasm. This routine should be performed immediately after getting out of bed and a minimum of 5 mornings a week.