



4 Minute Active Recovery Circuit

Complete the exercises for 25 seconds before going to next exercise

[Elbow to Instep with T-spine Rotation](#)

Rest 5 Seconds

[Push up Scapula Shrug](#)

Rest 5 Seconds

[RDL Walks](#)

Rest 5 Seconds

[Toe to Mouth Supine](#)

Rest 5 Seconds

[Standing PNF Pattern 2](#)

Rest 5 Seconds

[Bent Leg Hip Rotation](#)

Rest 5 Seconds

[Cuban Press](#)

Rest 5 Seconds

[Hurdler Twist Both Legs In](#)