In the boxes, write out your personal warm-up routine and include the WYW drills you like best.

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| **Warm-Up** |
| **Step 1** | **Release Exercises:** | **Tips + Reminders:****e.g. 1-2 sets, 5 reps** |
| **Step 2** | **Reset Exercises:** | **Tips + Reminders:** |
| **Step 3** | **Readiness Exercises:** | **Tips + Reminders:** |
| **Step 4** | **Mental Game Exercises:****Building Mental Skills into the 3 R’s:****Release:** After 2-3 tries at releasing a tender spot, it may not go away completely. Practice acceptance. Allow it to 'just be' for now. Return your focus to the present moment and what you need to be doing. **Resets:** When your attention drifts off, simply reel it back in by noticing what you feel. This also ensures you're doing the exercise well. **Readiness:** Practice noticing and accepting the limits of your range of motion without forcing past them - just notice, accept, and fully control what's there.  | **Tips + Reminders:****e.g. find a quiet place**  |

\*For example, you might choose Adductor Foam Rolling for Release, the 90/90 Hip Lift as a Reset, Hip CARs for Readiness, and Grounding with Sounds as a Mental Game Exercise.