## KENDRA CHAMBERS A4Y PRACTICE PLAN



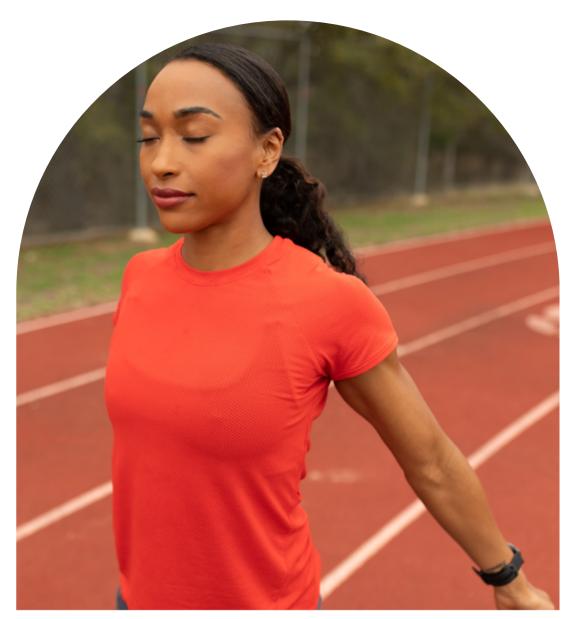
Follow one week of Kendra's A4Y Practice Plan.

Kendra is a professional track & field athlete specializing in the 800m. She's using A4Y to practice core strength, hip mobility, and to keep her foot imbalances in check.

## **THIS WEEK**

- Core strength - Hip mobility - Foot stability	Hip Strength + Stability
5-Minute Hip Flexor Reset	Full Body Reset
Preventative Medicine for Lower Legs + Feet	5-Minute Hamstring Reset
Core Balance	5-Minute Foot Reset





66

I have learned to be more loving and patient with my body — the body — that does so much for me. I think the idea of overworking is so overrated and not realistic to truly be an elite athlete.

Rest and recovery is just as important as the hard quality workouts.