

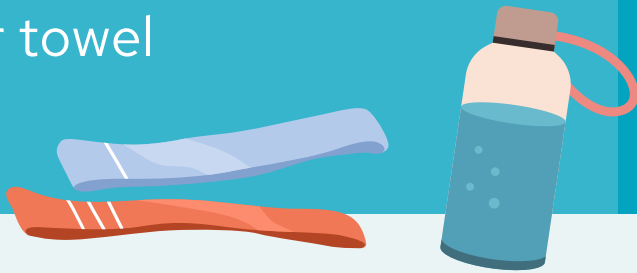
The Overcoming MS workout class powered by MS Workouts

Body Fundamentals, Hip Flexor and Foot Drop Focus

Before your workout:

Equipment needed:

- Water
- Bring a band, belt or towel



Tips for your workout:

- Exercise in a cool and safe environment
- Use a progress journal to document your results

“The only one who stops you is yourself”

The workout:

1. Armchair Pushup (metabolic)



2. Safe Squat (dynamic exercise)



3. Assisted Dorsi Flexion – left side
(metabolic exercise)



4. Assisted Dorsi Flexion – right side
(metabolic exercise)



5. Hip Flexion with Bent Knee – left side
(eccentric exercise)



6. Hip Flexion with Bent Knee – right side
(eccentric exercise)



After your workout:

- Eat a high protein meal or snack
- Make tomorrow an active rest day with yoga, movement drills or stretches
- Wait 48 hours before exercising again



10% off any membership plan at MS Workouts
www.msworkouts.com coupon code "OMS"