

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

I WILL PRACTICE

- 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





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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.*

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