

From the desk of: Hector Gutierrez Jr.  
AF Corpus Christi, Tx

## **R.A.M: Recovery Accelerating Mechanism**

### **Lower flow:**

Upward dog x 5  
Roof → leg swing x 1  
Scorpion → getup  
Getup → Cossack squat.

### **Reverse, rinse, switch and repeat!**

Getup → Cossack squat.  
Scorpion → getup  
Roof → leg swing x 1  
Upward dog x 5

Enjoy!

*Hec G.*

P.S. For more in depth info on how to improve your mobility & flexibility so you can move with strength, power, ease like you did inn your 20's – check out my FREE easy-to-follow guide to better mobility...

[>>> 5 Steps to Better Mobility](#)