

# TACMOBILITY

## Tactical Vest Recovery

Targeted Area: Upper Back

Materials: 2 lacrosse balls



- 1 Place lacrosse balls in between shoulder blades.



- 2 Lift hips and set your head down on the ground.



- 3 Cross your arms across your chest, breathe and relax for 1 min.



- 4 If it feels ok, take your arms overhead and back to your side.

Share this with your LEO friends

## BURNOUT TIPS

- TAKE ROUTINE VACATIONS
- STAY HYDRATED (WE DON'T MEAN REDBULL)
- PRIORITIZE SLEEP

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