

Introduction

Many fitness enthusiasts have the goal of increased flexibility. This can be achieved by using various forms of exercise all working together for a common purpose. This is an advanced program for someone who does not exhibit excessive postural distortions and has a solid foundation in flexibility.

Warm Up

Due to the physiological properties of self myofascial release (SMR) and the nature of this program, it is not necessary to do any additional warm up.

Summary Of Program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Gastroc/Soleus - SMR	Flexibility	N/A	1	30-90 sec	N/A	N/A	N/A
IT Band - SMR	Flexibility	N/A	1	30-90 sec	N/A	N/A	N/A
Tensor Fascia Latae - SMR	Flexibility	N/A	1	30-90 sec	N/A	N/A	N/A
Piriformis - SMR	Flexibility	N/A	1	30-90 sec	N/A	N/A	N/A
Hamstring - SMR	Flexibility	N/A	1	30-90 sec	N/A	N/A	N/A
Adductor - SMR	Flexibility	N/A	1	30-90 sec	N/A	N/A	N/A
Latissimus Dorsi - SMR	Flexibility	N/A	1	30-90 sec	N/A	N/A	N/A
Rhomboids - SMR	Flexibility	N/A	1	30-90 sec	N/A	N/A	N/A
Spinal Rotation - Supine Functional	Flexibility	N/A	10-15	15-30 sec	N/A	N/A	N/A
Functional Straight Leg w/Rotation	Flexibility	N/A	10-15	15-30 sec	N/A	N/A	N/A
Chest - Functional	Flexibility	N/A	10-15	15-30 sec	N/A	N/A	N/A
1 Leg Track Leg Swing	Flexibility	N/A	10-15	15-30 sec	N/A	N/A	N/A
Hamstring - Functional Straight Leg	Flexibility	N/A	10-15	15-30 sec	N/A	N/A	N/A
Lunge - Functional Standing	Flexibility	N/A	10-15	15-30 sec	N/A	N/A	N/A
Lunge - Functional Lateral	Flexibility	N/A	10-15	15-30 sec	N/A	N/A	N/A
Squat - Shoulder Flexion and Rotation w/ MB	Flexibility	N/A	10-15	15-30 sec	N/A	N/A	N/A

Cool Down

The cool down can consist of a repeat of the SMR and/or the stretches.

GASTROC/SOLEUS - SMR

Reps : 1 Duration : 30-90 sec

Preparation :

- Place foam roll under mid belly of lower leg.
- Cross left leg over right leg to increase pressure (optional).



Movement :

- Slowly roll calve area to find the most tender area.
- If a tender point is located, stop rolling, and rest on the tender point until pain decreases by 75%.

IT BAND - SMR

Reps : 1 Duration : 30-90 sec

Preparation :

- Position yourself on your side lying on foam roll.
- Bottom leg is raised slightly off floor.
- Maintain head in “neutral” with ears aligned with shoulders.
- This will be EXTREMELY PAINFUL for many, and should be done in moderation.



Movement :

- Roll just below hip joint down the lateral thigh to the knee.
- If a “tender point” is located, stop rolling, and rest on the tender point until pain decreases by 75%.



TENSOR FASCIA LATAE - SMR

Reps : 1 Duration : 30-90 sec

Preparation :

- Body is positioned prone with quadriceps on foam roll.
- It is very important to maintain proper Core control (abdominal Drawn-In position & tight gluteus) to prevent low back compensations.



Movement :

- Foam roll is placed just lateral to the anterior pelvic bone (ASIS).
- If a “tender point” is located, stop rolling, and rest on the tender point until pain decreases by 75%.

PIRIFORMIS - SMR

Reps : 1 Duration : 30-90 sec

Preparation :

- Begin positioned as shown with foot crossed to opposite knee.



Movement :

- Roll on the posterior hip area.
- Increase the stretch by pulling the knee toward the opposite shoulder.
- If a “tender point” is located, stop rolling, and rest on the tender point until pain decreases by 75%.

HAMSTRING - SMR

Reps : 1 Duration : 30-90 sec

Preparation :

- Place hamstrings on the roll with hips unsupported.

Movement :

- Feet are crossed to increase leverage.
- Roll from knee toward posterior hip.
- If a “tender point” is located, stop rolling, and rest on the tender point until pain decreases by 75%.



ADDUCTOR - SMR

Reps : 1 Duration : 30-90 sec

Preparation :

- Extend the thigh and place foam roll in the groin region with body prone on the floor.

Movement :

- Be cautious when rolling near the adductor complex origins at the pelvis.
- If a “tender point” is located, stop rolling, and rest on the tender point until pain decreases by 75%.



LATISSIMUS DORSI - SMR

Reps : 1 Duration : 30-90 sec

Preparation :

- Start in a side lying position with arm outstretched and thumb facing upward.
- Place the foam roll in the axillary area.



Movement :

- Slowly move back and forth to find the most tender area.
- Once identified, hold tender spot until the discomfort is reduced by at least 75%.
- Progress to the next tender spot.
- Repeat directions on opposite side.

RHOMBOIDS - SMR

Reps : 1 Duration : 30-90 sec

Preparation :

- Cross arms to the opposite shoulder to clear the shoulder blades across the thoracic wall.



Movement :

- While maintaining abdominal Draw-In position, raise hips until unsupported.
- Stabilize the head in “neutral”.
- Roll mid-back area on the foam roll.
- If a “tender point” is located, stop rolling, and rest on the tender point until pain decreases by 75%.



SPINAL ROTATION - SUPINE FUNCTIONAL

Reps : 10-15 Duration : 15-30 sec

Preparation :

- Lie supine with hips and knees flexed about 90 degrees.
- Place arms straight out the the side (abducted), with palms up.



Movement :

- Slowly rotate hips to one side stopping when the opposite shoulder blade begins to leave the mat.
- TAKE THE BODY/JOINT THROUGH A FULL AVAILABLE ROM USING CONTROLLED MOMENTUM/MOVEMENT FOR 1 set of 5-10 reps.



FUNCTIONAL STRAIGHT LEG W/ROTATION

Reps : 10-15 Duration : 15-30 sec

Preparation :

- Stand near the wall or sturdy object.
- Flex one leg at the hip and the knee and use your upper body to lean against the wall for support.
- Your back leg should be straight at the knee facing forward.



Movement :

- Draw your belly button inward toward your spine.
- Keep rear foot on the ground, with the opposit hip and knee flexed.
- Slowly move through your hips creating pronation and supination at the ankle.
- TAKE THE BODY/JOINT THROUGH A FULL AVAILABLE ROM USING CONTROLLED MOMENTUM/MOVEMENT FOR 1 set of



5-10 reps.

CHEST - FUNCTIONAL

Reps : 10-15 **Duration :** 15-30 sec

Preparation :

- Stand "tall" with abs "drawn in" and glutes contracted.
- Begin with arms straight out to the side (abducted).

Movement :

- Exhale as the shoulders are externally rotated (palms up), and the shoulder blades are retracted.
- DO NOT ALLOW INCREASED LORDOSIS AND/OR CERVICAL PROTRACTION TO OCCUR.
- TAKE THE BODY/JOINT THROUGH A FULL AVAILABLE ROM USING CONTROLLED MOMENTUM/MOVEMENT FOR 1 set of 5-10 reps.



1 LEG TRACK LEG SWING

Reps : 10-15 **Duration :** 15-30 sec

Preparation :

- Maintain good posture with shoulder blades retracted and depressed and good stability through the abdominal complex

Movement :

- This dynamic movement pattern involves using a wall for support, and taking the leg through an active run pattern
- Start by leaning hands against the wall, hands at shoulder height, arms straight, and



- body straight (as shown)
- Ensure that the body is leaning at about 30°
- Bring one leg up in triple flexion (at the foot, knee, and hip) – as shown
- Quickly accelerate the leg into triple extension (at the foot, knee, and hip), briefly brushing the forefoot on the ground as it passes the planted foot
- At a moderate speed, bring the leg back to triple flexion and repeat



HAMSTRING - FUNCTIONAL STRAIGHT LEG

Reps : 10-15 Duration : 15-30 sec

Preparation :

- Stand on one foot with optimal alignment.
- May place a hand on a wall for support.

Movement :

- Quickly flex and extend your hip and knee in a "kicking" motion.
- MAINTAIN NEUTRAL SPINE.
- TAKE THE BODY/JOINT THROUGH A FULL AVAILABLE ROM USING CONTROLLED MOMENTUM/MOVEMENT FOR 1 set of 5-10 reps.



LUNGE - FUNCTIONAL STANDING

Reps : 10-15 Duration : 15-30 sec

Preparation :

- Ensure floor is clean and clear of obstructions.

Movement :

- With hands on hips step forward (heel to



toe).

- Drop straight down until back knee is no more than an inch off the ground.
- Front knee should not go beyond 90 degrees.
- Front foot should keep weight even over heel and ball of foot.
- In one motion push back up with front foot, and come back to starting position.
- TAKE THE BODY/JOINT THROUGH A FULL AVAILABLE ROM USING CONTROLLED MOMENTUM/MOVEMENT FOR 1 set of 5-10 reps.



LUNGE - FUNCTIONAL LATERAL

Reps : 10-15 Duration : 15-30 sec

Preparation :

- Stand in proper alignment with hands on the hips and feet straight ahead.

Movement :

- Lunge sideways landing softly on the heel of the lunge foot.
- Upon landing make sure that your foot is pointing straight ahead and your knee is directly over 2nd and 3rd toe.
- The lunge knee should be at 90 degrees (if there are no compensations) and the stationary leg should be straight (knee slightly bent) with the foot pointing straight ahead.
- TAKE THE BODY/JOINT THROUGH A FULL AVAILABLE ROM USING CONTROLLED MOMENTUM/MOVEMENT FOR 1 set of 5-10 reps.



SQUAT - SHOULDER FLEXION AND ROTATION W/ MB

Reps : 10-15 Duration : 15-30 sec

Preparation :

- Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.
- Initiate a thorough dynamic warm up prior to starting this exercise - this engages the nervous system.

Movement :

- Start with LIGHT medicine ball and perfect the movement before adding load or velocity to the movement.
- Begin with the feet shoulder width apart, pointing straight ahead - arms are straight and the medicine ball is in front of the pelvis.
- Squat down to a comfortable depth without compensation maintaining the same arm position.
- Simultaneously, squat up to triple extension (at hips, knees, and ankles) while flexing arms above head and rotating the trunk to one side (as shown).
- Slowly lower, repeat desired number of reps and switch sides.
- TRAINERS: watch and correct: knees collapsing in, feet externally rotating, excessive trunk flexion in the squat, and excessive lumbar lordosis when arms travel overhead.

