

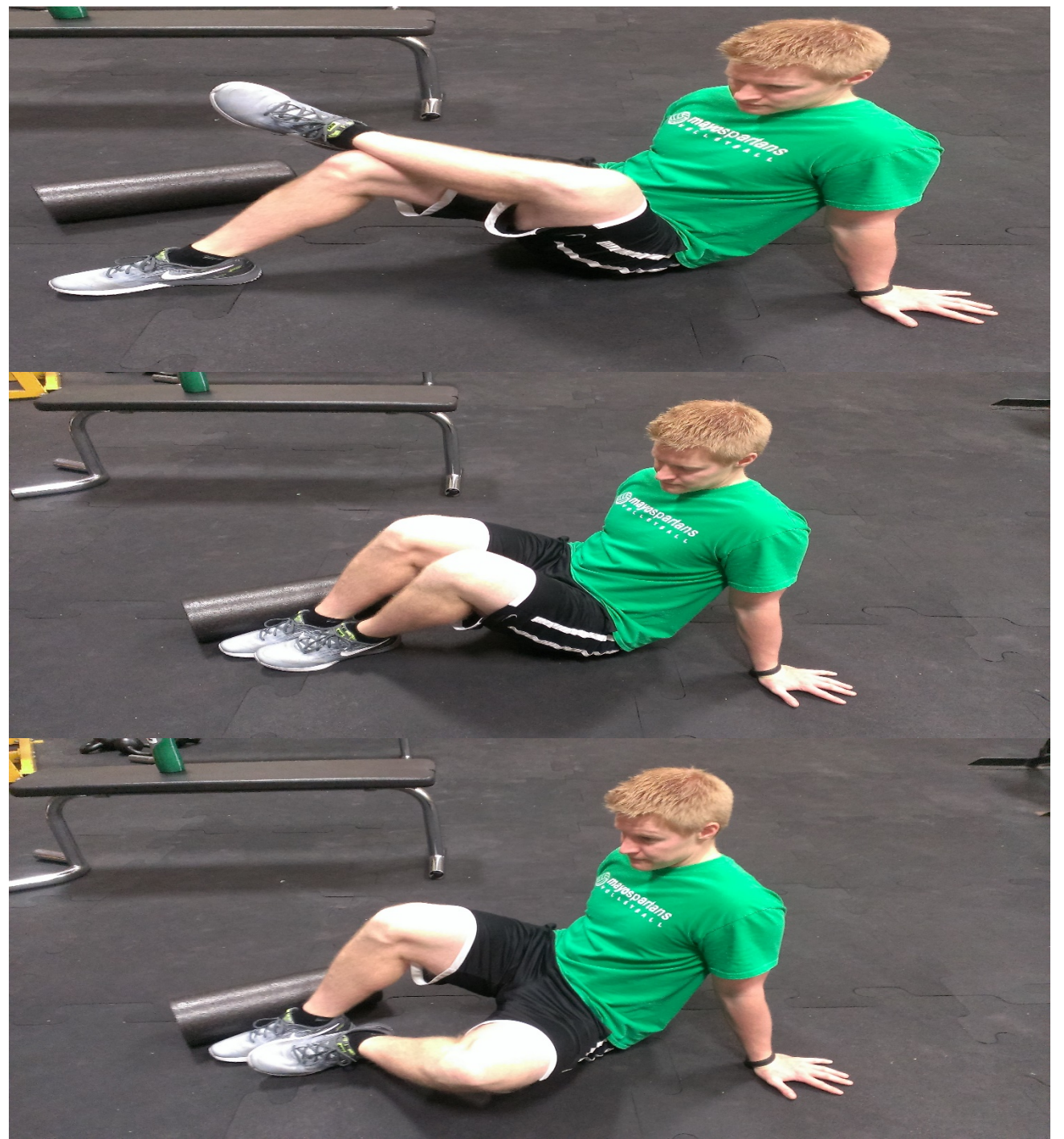
# Calves

- ❖ Place Tennis ball, or Lax ball under calf with toe pulled up toward shin (dorsiflexion).
- ❖ Roll calf over the ball until you find a knot in your muscle.
- ❖ When you find a knot stop and flex foot down (plantar flexion) and up again 3-5x. Find 3-5 knots each side.



# Glutes

- ❖ Cross 1 leg over the other with foot on opposite knee and place tennis ball or Lax ball under glute of the crossed leg (pic 1).
- ❖ Roll glute over ball until you find a knot in your muscle.
- ❖ When you find a knot stop, uncross your leg and do 3-5 clams before finding another knot. Find 3-5 knots each side.



# Tensor Fasciae Latae

- ❖ Place tennis ball or Lax ball between your Ilium and femur on the lateral side of your hip. It's near your waistband (pic 1).
- ❖ Lay on your side, make small side to side and up and down movements on the ball.
- ❖ Increase mobility by raising bottom leg while laying on the ball.



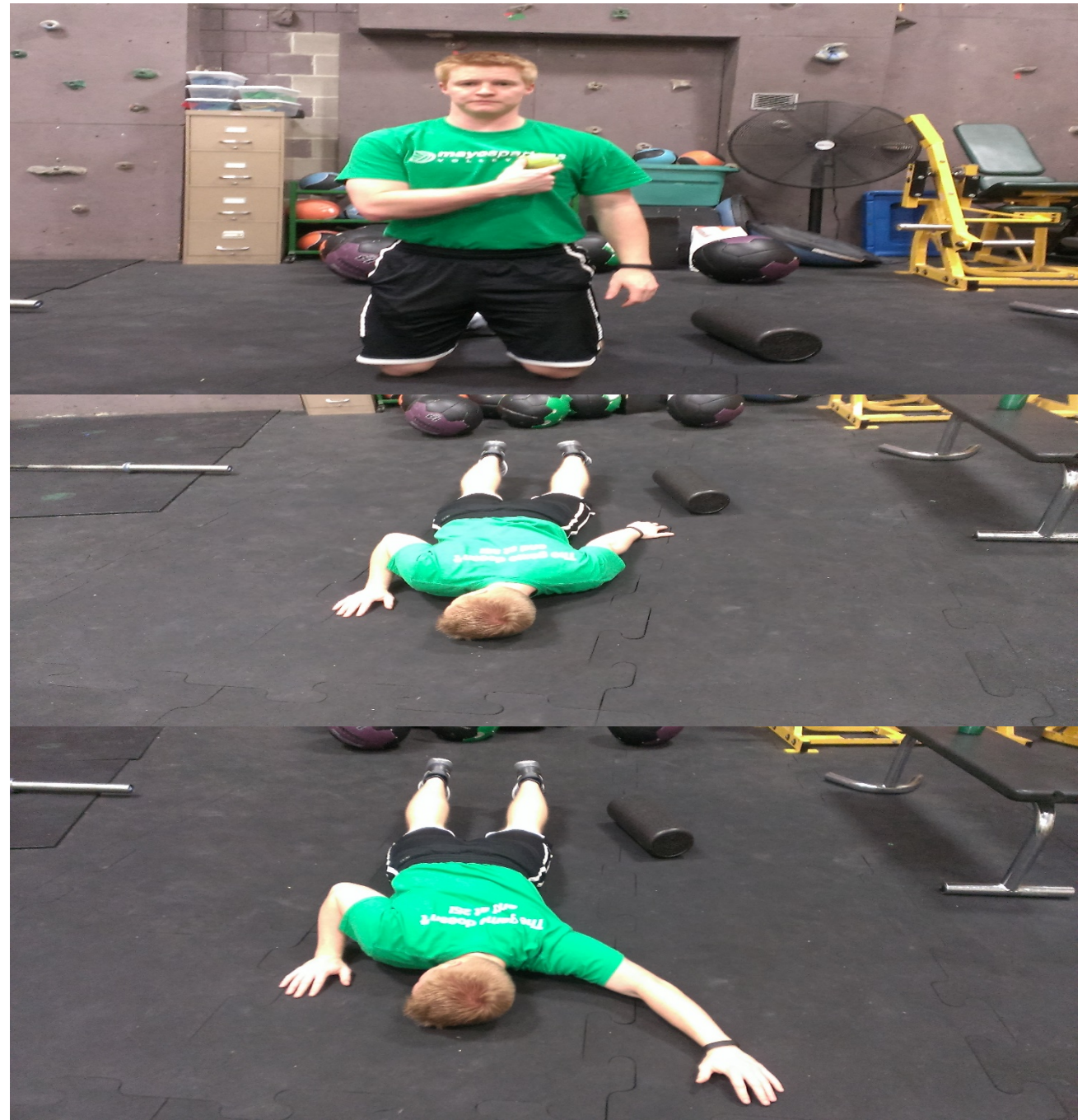
# Rhomboids & Lower Traps

- ❖ Lay on tennis ball or Lax ball and place it between your scapula (shoulder blade) & your spine.
- ❖ Start with your arm by your side with thumb up. Raise arm straight up overhead until your bicep is by your ear.
- ❖ Exhale as you raise your arm. Do 10-12 reps each arm.



# Pectorals

- ❖ Lay on and place tennis ball or Lax ball in your pectoral muscle and face away from the arm you are mobilizing.
- ❖ Start with your hand by your side. Do a 1 armed snow angel with the mobilizing side, exhale as you raise arm overhead and back down.
- ❖ Mobilize 2-3 spots in each pec. Do 10-12 reps each side.



# External Rotators (Rotator Cuff)

- ❖ Lay on and place tennis ball or Lax ball on the back of your shoulder just above your arm pit (pic 1).
- ❖ Place elbow perpendicular to your body with it bent at 90°. Rotate arm back toward head and then in toward feet.
- ❖ Mobilize 2-3 spots each arm. Do 10-12 reps each side.



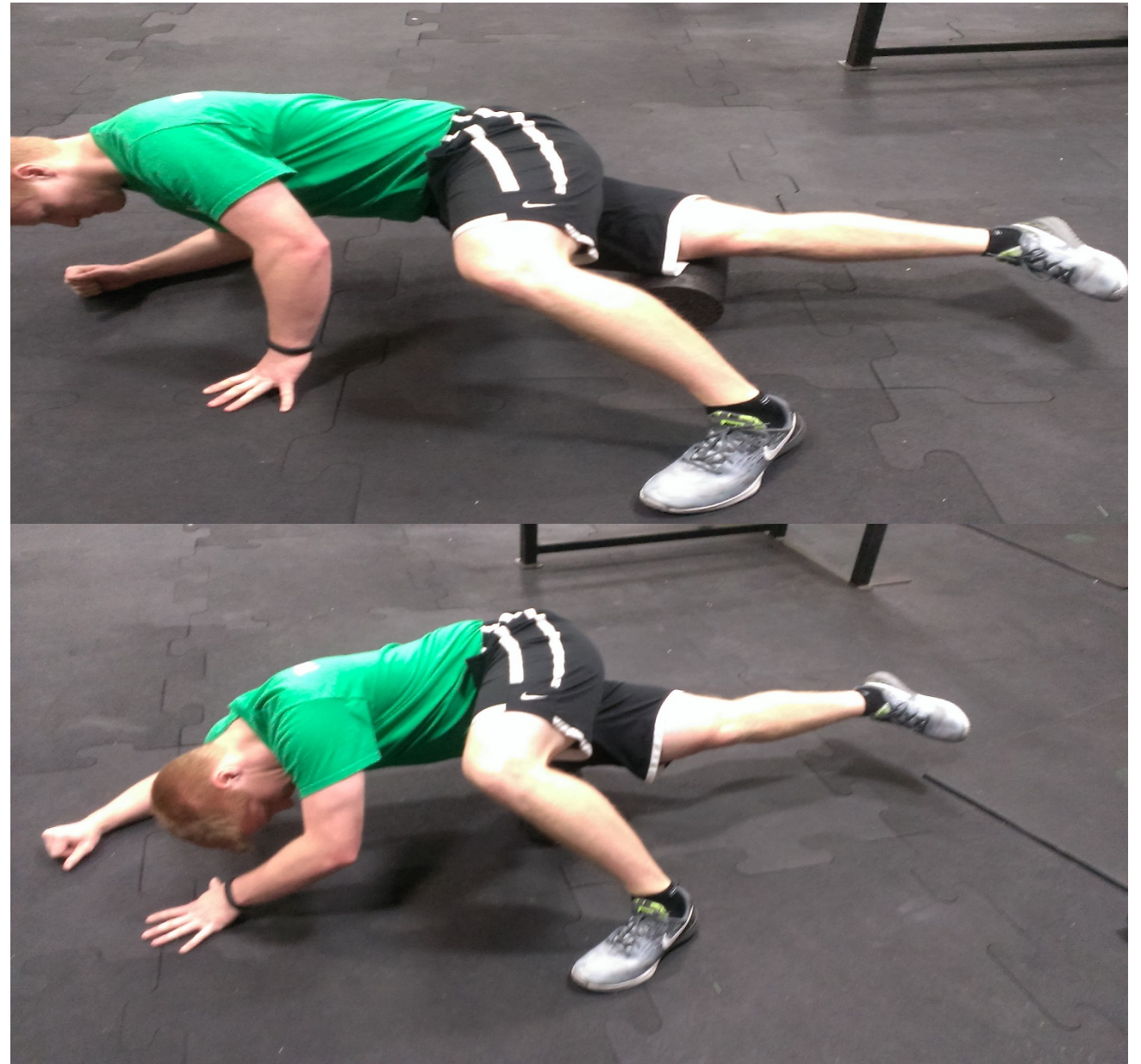
# Hamstrings

- ❖ Foam Roller: Place yourself of the edge of the roller. Roll one leg at a time.
- ❖ Find knots by rolling the inside and outside portions of your hamstring.
- ❖ Add more pressure by crossing 1 leg over the other.
- ❖ Roll 10-12 times each leg from your knee to you glute.



# Iliotibial Band (IT Band)

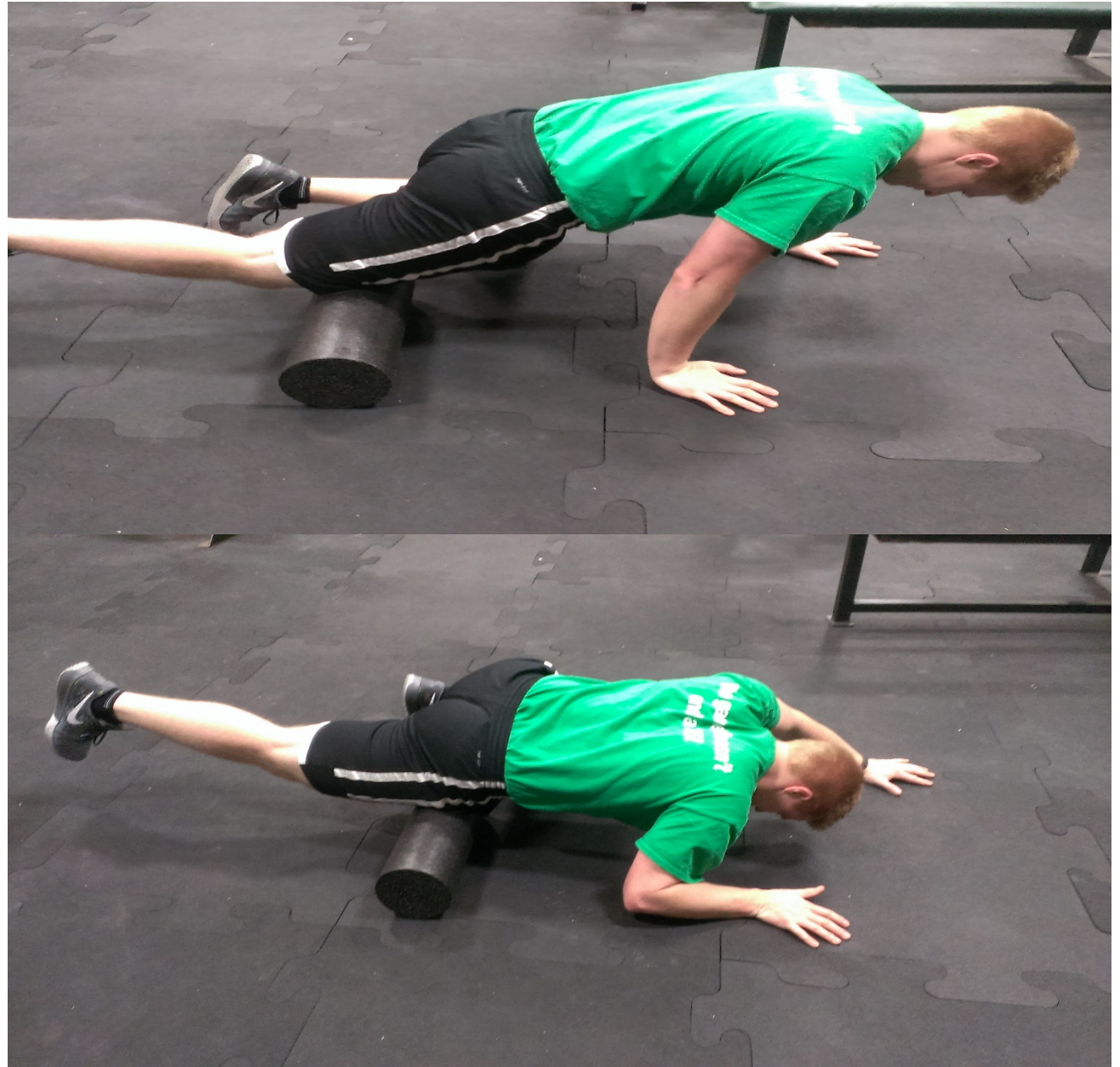
- ❖ Foam Roller: Lay on the lateral (outside) side of your thigh just above your knee.
- ❖ Hold yourself up with your arms and opposite foot. Roll from your knee up to your hip and back down.
- ❖ Add pressure by putting your feet together. Roll 10-12x each leg.





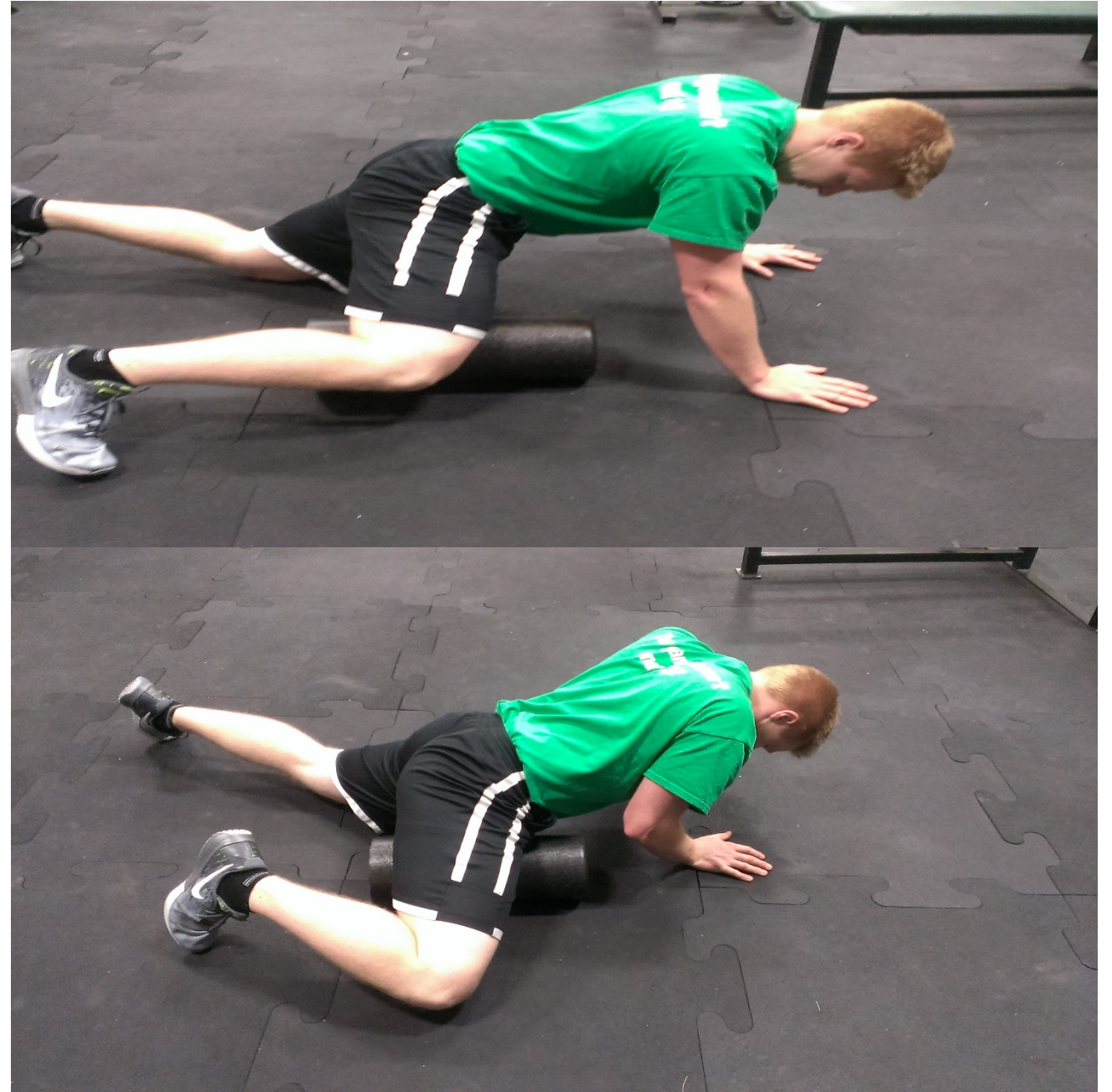
# Quadriceps

- ❖ Foam Roller: Lay with the front of your thigh on edge of the roller.
- ❖ Hold yourself up by your hands and opposite knee. Roll from just above your knee up to your hip and back down.
- ❖ Find knots by rolling over inside and outside of quad.
- ❖ Add pressure by crossing 1 leg over the other. Roll 10-12x each leg



# Adductors (Groin)

- ❖ Foam Roller: Lay with the inside of your knee on the roller.
- ❖ Hold yourself up with your arms and opposite foot. Roll from your knee up into your groin and back down.
- ❖ Roll 10-12x up and down each leg.



# Glutes

- ❖ Foam Roller: Sit on roller with one leg crossed over the other (foot on opp. Knee).
- ❖ Hold yourself up with uncrossed foot and hand on the crossed side.
- ❖ Lean **towards** the **crossed** leg, and roll from top of hamstrings to low back.
- ❖ Roll 10-12x up and down each leg



# Front Foot Elevated 3-Way Hamstring Stretches: Linear

- ❖ Stand in front of bench and place 1 leg on top of the bench with toe straight up.
- ❖ Point the toe of the foot on the ground straight ahead and square hips up to the bench.
- ❖ Stand tall with hands on hips. Slowly hinge (flex) forward from your hips without rounding your back or rotating your hips.
- ❖ Hold stretch for 1-2s and do 8-10 reps on each leg.



# Front Foot Elevated 3-Way Hamstring Stretches: Lateral

- ❖ Stand in front of bench and place 1 leg on top of the bench with toe straight up.
- ❖ Point the toe of the foot on the ground straight ahead and square hips up to the bench.
- ❖ Stand tall and reach one arm out while reaching the hips towards the opposite side.
- ❖ Hold each rep 1-2s and do 8-10 reps each direction for both legs.



# Front Foot Elevated 3-Way Hamstring Stretches: Rotation

- ❖ Stand in front of bench and place 1 leg on top of the bench with toe straight up.
- ❖ Point the toe of the foot on the ground straight ahead and square hips up to the bench.
- ❖ Standing tall with hands on hips slowly rotate hip out (external) and back in (internal) holding each spot for 1-2s.
- ❖ Make sure that the ft on the ground doesn't rotate. Do 8-10 reps of each for both legs.



# Rear Foot Elevated 3-Way Quad/Hip Flexor Stretches: Linear

- ❖ Kneel in front of bench and place 1 foot on bench with knee on the ground. Make rear shin as vertical as possible.
- ❖ Square hips and while keeping front leg stationary slowly flex forward reaching hands toward toes and hip back toward bench. Hold 1-2s.
- ❖ Raise arms up overhead as you extend up and roll hips forward. Hold 1-2s and do 8-10 reps on each leg.



# Rear Foot Elevated 3-Way Quad/Hip Flexor Stretches: Lateral

- ❖ Kneel in front of bench and place 1 foot on bench with knee on the ground. Make rear shin as vertical as possible.
- ❖ Square hips and while keeping front leg stationary reach one arm out while reaching the hips towards the opposite side.
- ❖ Hold each rep 1-2s and do 8-10 reps each direction for both legs.





## Rear Foot Elevated 3-Way Quad/Hip Flexor Stretches: Rotation

- ❖ Kneel in front of bench and place 1 foot on bench with knee on the ground. Make rear shin as vertical as possible.
- ❖ Square hips and while keeping front leg stationary slowly rotate hip out (external) and back in (internal). Move from your hip, not your shoulders.
- ❖ Hold each position 1-2s. Do 8-10 reps on each leg.



## Figure Four 3-Way Glute Stretches: Linear

- ❖ Cross 1 leg in front of the other trying to get it as perpendicular to your body as possible and extend back leg.
- ❖ Square your hips and slowly push them straight down towards the ground. Hold 1-2s then relax.
- ❖ Perform 8-10 reps on each leg.



## Figure Four 3-Way Glute Stretches: Lateral

- ❖ Cross 1 leg in front of the other trying to get it as perpendicular to your body as possible and extend back leg.
- ❖ Square your hips and slowly lean your hip to the side of the leg that you crossed. Hold 1-2s then relax.
- ❖ Perform 8-10 reps on each leg



## Figure Four 3-Way Glute Stretches: Rotation

- ❖ Cross 1 leg in front of the other trying to get it as perpendicular to your body as possible and extend back leg.
- ❖ Square your hips and slowly rotate your opposite hip, not your shoulders, toward the knee that is in front. It is a small movement.
- ❖ Perform 10-12 reps each leg and hold each rep 1-2s.



## 3-Way Ankle Mobility

- ❖ When performing all of the 3-Way Ankle Mobility follow these tips to reap the most benefit.
- ❖ Keep rear foot close to front foot.
- ❖ Keep toes straight ahead.
- ❖ Squeeze the ground w/ toes.
- ❖ Keep the heel on the ground at all times.



## 3-Way Ankle Mobility: Linear

- ❖ Stand in front of a wall or bench and stabilize yourself with your arms.
- ❖ Maintain your **front** heel on the ground at **all times**.
- ❖ Squeeze the ground with your toes and push your knee forward until your heel starts to leave the ground. Stop once you reach this point and hold 1-2s.
- ❖ Perform 8-10 reps on each leg.



## 3-Way Ankle Mobility: Lateral

- ❖ Stand in front of a wall or bench and stabilize yourself with your arms.
- ❖ Maintain your **front** heel on the ground at **all times**.
- ❖ Squeeze the ground with your toes and push your knee outside your foot & then forward until your heel starts to leave the ground.
- ❖ Stop once you reach this point and hold 1-2s. Perform 8-10 reps on each leg.



## 3-Way Ankle Mobility: Lateral

- ❖ Stand in front of a wall or bench and stabilize yourself with your arms.
- ❖ Maintain your **front** heel on the ground at **all times**.
- ❖ Squeeze the ground with your toes and push your knee inside your foot & then forward until your heel starts to leave the ground.
- ❖ Stop once you reach this point and hold 1-2s. Perform 8-10 reps on each leg.





# Frog Stretch: Groin

- ❖ Start in the quadruped position.
- ❖ Spread your knees as wide as comfortably possible, but so you feel a deep stretch.
- ❖ Once you are set, slowly push your hips back toward your heels as far as you can.
- ❖ Sit and hold the stretch for 10-30s. Perform 2-4 reps.

