



Flexibility: Stretching and Foam Rolling Exercises

NAME:
DATE:

#1 – Foam Rolling Exercises

Purpose:

- Draws blood to muscle groups to increase communication with the brain
- Helps prevent injury by increasing mobility and preparing the body for exercise

Instructions:

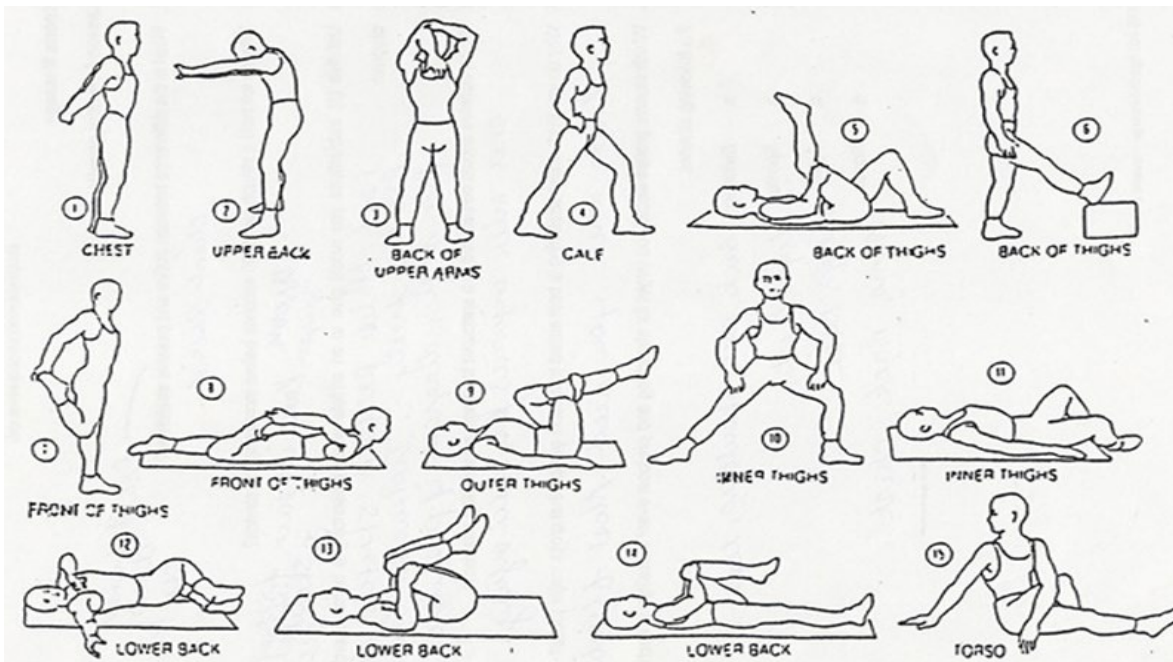
- Lay or sit on the foam roller as instructed for 5-10 seconds on each area
- Move back and forth on the area with gentle pressure until you feel the muscle
- Relieve pressure if you feel pain above a level 7 out of 10 (10 being most pain)

#2 – Stretching Exercises

Purpose: Increase joint mobility, circulation, muscle stretch, and muscle awareness

Instructions:

- Use what is circled from your assessment to know what
- Complete stretches as according to images as shown (click links below)
- Hold poses for 10-30 seconds before a workout, and up to 3 minutes after a workout





Personalized Core & Flexibility Routine	
NAME:	DATE:

Instructions*:

- Foam roll tight areas x 5-10 reps (repetitions) each area.
- Stretch tight muscles x 3-5" each x 5-10 reps each.
- Complete a cardio or other workout, or proceed directly to Core Exercises.
- Complete each of the Core Exercises x 10-20 reps each x 2 sets total.
- Stretch tight muscles x 10-30" each x 1-2 sets.
- Foam roll knots for 1-2' after a workout only

" = Seconds

' = Minutes

Foam Roll	Stretch	Strengthen
<p style="text-align: center;">i. Piriformis*</p> <p style="text-align: center;">ii. Hamstrings</p> <p>iii. Calves (behind knee), NO IMAGE</p> <p style="text-align: center;">iv. Calves (lower leg)*</p> <p style="text-align: center;">v. Quads</p> <p style="text-align: center;">vi. IT Bands</p> <p style="text-align: center;">vii. Groin</p> <p>viii. Mid-back, NO IMAGE</p> <p style="text-align: center;">ix. Upper back</p> <p style="text-align: center;">x. Lats</p> <p>x 5-10" each before workout x 1-2' on tight areas after workout</p>	<p style="text-align: center;">i. Calves</p> <p style="text-align: center;">ii. Piriformis (hip)</p> <p style="text-align: center;">iii. Adductors (groin)</p> <p style="text-align: center;">v. Hamstrings</p> <p style="text-align: center;">iv. Hip flexor</p> <p style="text-align: center;">iv. Quads</p> <p style="text-align: center;">vi. Shoulders</p> <p style="text-align: center;">vii. Triceps</p> <p style="text-align: center;">viii. Chest</p> <p style="text-align: center;">ix. Neck</p> <p style="text-align: center;">x. Lower back</p> <p>x 3-5" each x 1 set before workout x 10-30" each x 1-2 sets before workout</p>	<p>i. Leg Lifts and Leg Extensions on Foam Roller</p> <p style="text-align: center;">ii. Straight Leg Raises</p> <p style="text-align: center;">iii. Single Leg Bridges</p> <p style="text-align: center;">iv. Clam Shells, Side Leg Raises</p> <p style="text-align: center;">v. 3-Way Lunge with foot on Frisbee</p> <p style="text-align: center;">vi. Band Pull-downs</p> <p style="text-align: center;">vii. Shoulder External Rotations</p> <p style="text-align: center;">viii. Superman's, Hands Shoulder Height</p> <p style="text-align: center;">ix. Band Rows</p> <p style="text-align: center;">x. Chin Tucks (towel behind head)</p> <p style="text-align: center;">xi. Planks</p> <p>x 5-10 reps each x 2 sets</p>