

FLEXIBILITY

Active Stretching





Gastrocnemius/Calf Stretch

Preparation and technique:

Place your hands on the ground in front of you. Keep your back straight and your abs tight. Keep your hips in the air, pike position. Cross your right ankle over your left and press your left heel to the ground. You should feel the stretch in your left calf. Hold the stretch 10-15 seconds and repeat 3-5 times or 5-10 times for 3-5 seconds. Repeat on the other side.

Variation: once you have completed the above stretch you can repeat the sequence but move your hips to the left and to the right holding the end position 3-5 seconds and repeating 5-10x.





Standing Hamstrings Stretch

Technique:

Stand with your feet parallel, **It is important to tighten, draw in, your stomach muscles.** Keep a slight bend in your knees and keep your back straight by keeping your shoulder blades pinched together. Bend over to try to touch your toes while focusing on the previously mentioned technique. You may not be able to reach your toes, which is OK as long as you feel the stretch in the back of your thighs. Hold this position for 10-15 and repeat 3-5 times or hold for 3-5 seconds and repeat 5-10 times.

Variation 1: Reach down and attempt to touch your left foot and then the right foot.
Repeat as directed above.

Variation 2: While reaching down, slowly twist to the right foot and then the left foot.

Variation 3: Repeat the above sequences with your legs crossed; right over left and left over right.

Standing Adductor/Groin Stretch



Technique

Stand with your legs split, Both feet should be pointed straight ahead.(parallel)

Draw your abdominal muscles in and activate/tighten your glutes/butt.

Slowly bend over keeping your back straight and abs drawn in attempting to reach toward the floor. You should feel a stretch in the back of the thighs. Raise up focusing on your butt and reach toward the ceiling keeping your abs drawn in and tighten your glutes. Hold each position for 10-15 seconds and repeat 3-5X or 2-4 seconds for 5-10 repetitions.

Variation: lunge to the right and to the left keeping the opposite leg straight to get a stretch in the groin.

Variation (Cherry Picker series) in each position above 1. bend over palms to floor and reach above 2. bent over lean left and right 3. twist left and right upright and bent over.

Switch legs and repeat as instructed above.

Perform with left foot crossed over right and right over left. Bend forward.



Deep Lunge Stretch for Hip Flexor

Technique:

Kneel on your left knee and place both hands on the ground inside the forward foot. Press/extend the left leg back, keeping good posture and the right knee over the right foot. You should feel the stretch in your left thigh and groin and your right hamstring and glute. Hold this position for 10-15 seconds and repeat 3-5 times or hold for 3-5 seconds and repeat 5-10 times. Repeat on other side.

Variation 1: move hips to left and right several times.

Variation 2: lift arms and attempt to touch each elbow to your instep slowly. Hold 3-5 seconds and repeat 5-10 times. Repeat on other side.

Iron Cross Stretch



Technique:

Begin by laying on your left side.

Lift your left knee to your waist height or higher, place your left arm out and palm down. Press your palm into the floor and your knee into the floor. With your right arm reach and roll to your right. Will stretch chest, hip and back.

Hold position for 3-5 seconds and repeat 3-5. perform on both sides.

Variation 1: in the reach position slowly raise and lower arm like making a snow angel

Variation 2: while reaching with the right do a simulated chest press with the right.

CORE Strength



Floor Bridge



Preparation and Technique

Lie supine on the floor with knees bent, feet and knees together, toes lifted up. Place arms to your sides or cross them on your chest.

Draw in abdominal muscles and tighten glutes/butt.

Lift pelvis off the floor (8-10 inches) until the knees, hips and shoulders are in line.

Slowly lower pelvis to the floor.

Repeat as instructed.

To progress, perform as a single-leg exercise.



Prone Iso-Ab



Preparation and Technique

Lie prone on the floor with feet together and forearms on the ground. Clench hands into fists and place at shoulder level.

Draw abdominal muscles in, activate glutes and tuck chin.

Lift entire body off the ground until it forms a straight line from head to toe, resting on forearms and toes.

Hold for one to two seconds.

Slowly return body to the ground, keeping chin tucked and back flat.

Repeat as instructed.

To regress, perform with the knees on the floor or with hands on a bench and feet on the floor.

Side Iso-Ab / Planks



Preparation and Technique

Lie on one side with feet and legs stacked on top of each other and forearm on the floor.

Draw in abdominal muscles and activate glutes.

Lift hips and legs off the floor until the body forms a straight line from head to toe, resting on forearm and feet.

Hold for 2-15 seconds.

Slowly lower body to the floor.

Repeat 3-10 x and repeat on the other side.



Prone Quadruped - Opposite Arm/Leg (Bird Dog)



Preparation and Technique

Start on all fours, with the spine in a neutral position.

Draw abdominal muscles in, activate glutes and tuck chin.

Slowly raise the right arm (thumb up) and the left leg with toes pointed away from the body (triple extension). Keep both arm and leg straight while lifting them to body height.

Hold for one to two seconds.

Slowly return both arm and leg to the ground, maintaining optimal alignment.

Repeat alternating sides, as instructed.

BALANCE

Neuromuscular Coordination



Single-leg Balance Leg Reach

Front to Back



Side to Side



Twist Left and Right



Preparation and Technique

Stand with feet shoulder-width apart and pointed straight ahead. Hips should be in a neutral position.

Lift chest, retract shoulders slightly and tuck chin.

Draw in abdominal muscles and activate glutes, stand tall.

Lift one leg directly beside balance leg.

- 1 Slowly swing the lifted leg to the front of the body repeat 10-25x. Do not arch your back.
2. Slowly swing leg to side 25 x remaining tall.
3. Twist to left and right as far as you can slowly, staying tall.



Dynamic Warm-Up Movement Preparation



Arm Pumps, High Knee, Butt Kicks, Back Pedal



Technique:

Begin by standing tall with your shoulders pinched, your abdominals drawn in and your buttock tightened.

Arm Pumps: Place elbows at a 90 Degree angle and let them swing from the shoulder, front hand swings to chin and back hand swings to hip.

High Knees:

Repeat the technique described above and

Lift one knee to hip or navel height and swing the opposite arm forward, not allowing your hand above your chin.

Be sure to also pull your toes up as the knee comes up bringing your heel to your opposite knee.

Repeat on other side.

Can be performed slowly for balance and quickly for dynamic stretch.

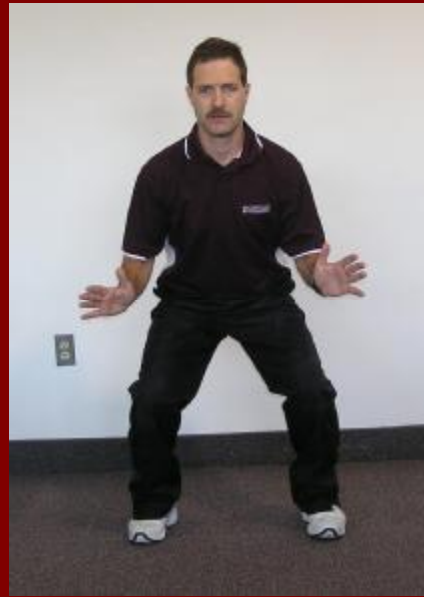
Maintain a Tall/Proud posture.

Butt Kicks:

Repeat the technique described above bending your knee and kicking your heel to your buttocks behind you.

Perform over 20 yards or 30 plus repetitions.

Side Step/Shuffle



Preparation and Technique:

Assume a semi squat position, draw your abs in and step to your left with left foot about 6-8 inches and bring your right foot in 6-8 inches, continue to repeat the sequence.

Then return to your starting point leading with your right foot.

Keep your shoulders facing front as you move and keep your feet parallel, it may or should feel pigeon toed but your feet will actually be straight.

Repeat as directed.



Carioca / Grapevine



Preparation and Technique:

Assume a semi squat position, step to your left with left foot, perform a crossover step behind your left with the right, then step out with your left, and then perform a crossover step in front of the left with the right and continue to repeat the sequence.

(step out, crossover behind, step out, crossover front, etc.) Repeat the opposite sequence moving to the right. Keep your shoulders facing front as your hips swivel with your leg movement.

Functional Resistance Training Integrated Strengthening



Single-Leg Romanian Dead-lift



Technique

Balance on left leg.

Draw in abdominal muscles and activate glutes, stand tall with a slight bend in the knee.

Reach down with your right hand toward the left foot. While lowering, maintain good spine and reach back with the right leg.

If you cannot keep a flat back only lower to mid shin.

Use your glutes to stand back up (get tall). Use support of wall, table or partner as needed

Repeat 10-15 times and repeat on other side.



Split Squats or Single Leg Squat



Technique:

Begin by taking a step forward and stop.

From this split stance position, draw your abs in, squat down, keep your spine tall, do not let your knee touch the ground.

You may even need to use two chairs for assistance or partner to hold on to.

As you become proficient put the back foot on a box or narrow your stance.

Repeat as instructed 8-15 slow reps. Switch feet and repeat another set.

Push Ups and Variations



Technique

Begin in a push-up position with feet and hands on the floor slightly wider than shoulder-width apart.

Draw in abdominal muscles and tighten your glutes (buttocks).

Keeping back flat, slowly lower body toward the floor(2-4 seconds) by bending your elbows and retracting and depressing shoulder blades(stick your chest out).

Stop for 2-4 seconds at first point of compensation.

Push back up in 1-2 seconds to the starting position. Do not allow your head to jut forward or your back to sag or your butt stick up in the air.

Advanced Variations: rotate to one arm at the top or perform with feet or hands on a ball.



**For More Information
And a Specific Program to meet your needs
Please Contact Us at:
610-861-8080 X8222**

pulse@coordinatedhealth.com

www.coordinatedhealth.com/pulse.html