

REGENERATION

TOTAL BODY REGENERATION - 20 MINUTE SESSION
(SPEND 30-60 SECONDS EACH MOVEMENT)

1

TRIGGER POINT - ARCH



2

TRIGGER POINT - TIBIALIS ANTERIOR



3

TRIGGER POINT - VMO



4

TRIGGER POINT - IT BAND



5

TRIGGER POINT - PIRIFORMIS



6

TRIGGER POINT - THORACIC SPINE



7

FOAM ROLL - HAMSTRINGS



8

FOAM ROLL - QUADRICEPS



9

FOAM ROLL - ADDUCTORS



10

FOAM ROLL - GLUTE MAX



11

FOAM ROLL - LAT



12

FOAM ROLL - MID TO UPPER BACK



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1 TRIGGER POINT - ARCH

- Stand with shoes off and one foot on a trigger ball (tennis ball, for example)
- Roll the ball along the arch of the foot, holding on any sore spots
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

2 TRIGGER POINT - TIBIALIS ANTERIOR

- Sit with your knees bent, pressing a trigger ball (tennis ball, for example) up against your shin with your hand
- Adjust your position until you find a sore point
- Holding pressure on this spot, rotate your ankle both clockwise and counter-clockwise, and pull and push your toes toward and away from your shin
- Re-adjust your position and repeat the movement on any sore spots you find
- Complete the set on one side before repeating on the other leg

3 TRIGGER POINT - VMO

- Lie facedown supported on forearms with trigger ball (tennis ball, for example) under thigh just above inside of the knee
- Adjust until you find a sore spot, hold, and slowly bend and straighten knee
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

4 TRIGGER POINT - IT BAND

- Lie on your side with a trigger ball (tennis ball, for example) under your IT Band (side of your leg)
- Adjust until you find a sore spot, hold, and slowly bend and extend knee
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

5 TRIGGER POINT - PIRIFORMIS

- Sit with a trigger ball (tennis ball, for example) under outside of one glute, same leg crossed over the knee
- Adjust the ball until you find a sore spot and hold pressure
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

6 TRIGGER POINT - THORACIC SPINE

- Lie face up with two tennis balls taped together under your spine, just above low back, hands behind head
- Perform 3 crunches, then raise arms straight over chest
- Alternate reaching each arm overhead for 3 reps each
- Move balls up the spine 1 to 2 inches and repeat pattern until they are below base of the neck

7 FOAM ROLL - HAMSTRINGS

- Sit with straight legs, one crossed over the other, foam roll under the bottom leg thigh
- Supporting weight with hands and foam roll, roll from your knee to the top of your thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

8 FOAM ROLL - QUADRICEPS

- Lie facedown on the ground with a foam roll under one thigh
- Support weight with forearms and foot of the opposite leg and roll along the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

9 FOAM ROLL - ADDUCTORS

- Lie facedown with foam roll under inside of one thigh, other leg out to the side
- Roll along the inside of thigh, from pelvis to knee
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

10 FOAM ROLL - GLUTE MAX

- Sit on a foam roll with weight shifted to one side, hands and feet on the floor
- Roll from top of the back of the thigh to the lower back
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

11 FOAM ROLL - LAT

- Lie on your side with a foam roll under your armpit
- Roll along your side to lower back and back up to your armpit
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

12 FOAM ROLL - MID TO UPPER BACK

- Lie face up with a foam roll under mid back and hands behind your head
- Support your weight with your feet and the foam roll
- Roll from the middle of your back to shoulders
- Spend more time rolling on any sore spots you find

REGENERATION

FLEXIBILITY FOCUS - 10 MINUTE SESSIONS
10 REPS (2 SECOND HOLD EACH)

FLEXIBILITY - STRETCH STRAP

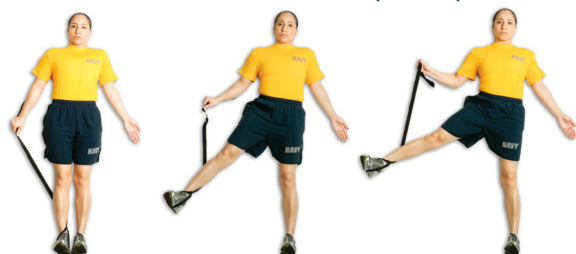
1 CALF STRETCH (STRAP)



2 STRAIGHT LEG HAMSTRING STRETCH (STRAP)



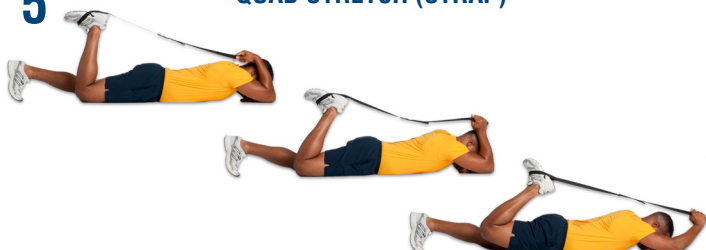
3 ADDUCTOR STRETCH (STRAP)



4 ABDUCTOR STRETCH (STRAP)



5 QUAD STRETCH (STRAP)



6 SHOULDER/TRICEPS STRETCH (STRAP)



FLEXIBILITY - NO EQUIPMENT

1 BENT KNEE HAMSTRING STRETCH



2 KNEE HUG – SUPINE



3 LEG CRADLE – SUPINE



4 QUAD/HIP FLEXOR STRETCH - 1/2 KNEELING



5 TRICEPS STRETCH



6 90/90 STRETCH – W/ ARM SWEEP



REGENERATION

FLEXIBILITY FOCUS - 10 MINUTE SESSIONS

10 REPS (2 SECOND HOLD EACH)

FLEXIBILITY - STRETCH STRAP

1 CALF STRETCH (STRAP)

- Lie on back with stretch strap wrapped around right foot & leg raised 45 degrees in the air
- Actively pull your right foot to your shin & then give assistance with the rope
- Exhale during the stretch. Actively pull your foot to your shin even when assisting with the strap
- Complete reps, repeat on opposite side

2 STRAIGHT LEG HAMSTRING STRETCH (STRAP)

- Keep right leg straight, actively raise it, then give gentle assistance with stretch strap until you feel a stretch
- Keep opposite leg on ground by pushing heel far away from your head as possible
- Contract your glute. Pull the strap above your head
- Complete reps, repeat on opposite side

3 ADDUCTOR STRETCH (STRAP)

- Wrap the stretch strap around foot & inside of lower leg
- Actively raise leg out to the side, gently assist with strap until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

4 ABDUCTOR STRETCH (STRAP)

- Wrap the stretch strap around foot & outside of leg
- Actively raise leg across body, gently assist with strap until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

5 QUAD STRETCH (STRAP)

- Lie on your stomach with a stretch strap wrapped around one foot
- Actively bend knee, gently assist with stretch strap until you feel a stretch
- Contract the glute on the leg that is being stretched. Keep your back flat & torso engaged during the stretch
- Complete reps, repeat on opposite side

6 SHOULDER/TRICEPS STRETCH (STRAP)

- Hold the stretch strap behind head with one hand reaching over and one hand reaching under
- Actively reach top hand down back, gently assist by pulling strap with bottom hand
- Next, actively reach bottom hand up, gently assist by pulling rope with top hand
- Complete reps, repeat on opposite side

FLEXIBILITY - NO EQUIPMENT

1 BENT KNEE HAMSTRING STRETCH

- Pull knee to chest, grasping behind the knee with both hands
- Actively straighten knee, gently assist with hands until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

2 KNEE HUG – SUPINE

- Actively lift knee to your chest, gently assist by grabbing the knee & pulling it closer to chest
- Exhale & hold the stretch for 2 seconds, then return to the starting position
- Keep your non stretching leg flat on the floor by pushing the bottom of your heel away from your head
- Complete reps, repeat on opposite side

3 LEG CRADLE – SUPINE

- Actively lift knee to your chest, placing one hand on knee & one under ankle
- Pull leg to chest with both hands into a gentle stretch
- During the movement, contract the glute of the leg that's on the ground
- Complete reps, repeat on opposite side

4 QUAD/HIP FLEXOR STRETCH - 1/2 KNEELING

- Keep a slightly forward lean in torso, engage torso & contract the glute of your back leg
- Maintain posture, shift body slightly forward. Exhale & hold the stretch for 2 seconds
- Avoid excessive arching in your lower back
- Complete reps, repeat on opposite side

5 TRICEPS STRETCH

- Lift one arm up over head & reach hand down your back, gently assist with opposite hand
- Exhale & hold for 2 seconds, then relax & repeat
- Keep your back flat & torso engaged throughout the stretch
- Complete reps, repeat on opposite side

6 90/90 STRETCH – W/ ARM SWEEP

- Lie with left knee bent 90°, your right leg crossed over the left
- Roll onto left side with knee and the ground
- Keep hips still, rotate chest & sweep with long arm – palm up, bending your elbow at the end reaching for your back pocket – palm down. Hold 2 sec
- You should feel a stretch through your torso, mid/upper back, chest & shoulder
- Complete reps, repeat on opposite side