



# HIP & LOWER BODY

**MOBILITY ROUTINE W/ DYNAMIC EXERCISES INCORPORATED** \*GREAT FOR WARMING UP BEFORE LEG DAY\*

MOVEMENTS	NOTES	REPS	TEMPO	SET	REST
<ul style="list-style-type: none"><li>• FIRE HYDRANTS;</li><li>• GENUFLECT OR “LUNGE” STRETCH;</li><li>• FROG STRETCH;</li><li>• BOOTSTRAPPER SQUAT;</li><li>• ANKLE ROTATIONS;</li><li>• SQUATTING INTERNAL ROTATIONS;</li><li>• MINI BAND LATERAL WALKS;</li><li>• SINGLE LEG GLUTE BRIDGES (BODY WEIGHT);</li><li>• KETTLEBELL SWINGS;</li><li>• BOOTSTRAPPER SQUAT;</li><li>• BODY WEIGHT SQUATS;</li><li>• GROINER.</li></ul> <p><b>W/ BAND:</b></p> <ul style="list-style-type: none"><li>• BOTTOM-UP HAMSTRING STRETCH WITH BAND</li><li>• TOP-DOWN FORWARD BEND WITH BAND;</li><li>• SQUAT WITH BAND;</li><li>• HAMSTRING DRIVE DO</li></ul>	<p><b>DON'T NEED TO DO ALL THESE, PICK A COUPLE THAT YOU ENJOY.</b></p> <p><b>FS:</b> PROCEED WITH CAUTION. CAN BE PAINFUL, BUT VERY EFFECTIVE</p> <p><b>AR:</b> HEEL TO TOE &amp; THEN TOE TO HEEL – ROTATION INSIDE AND OUTSIDE.</p>	1-2	HOLD SLOW	1-2 *OR HOWEVER MUCH YOU MAY NEED TO OPEN UP YOUR HIPS	N/A



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## STRETCHING ROUTINE

STRETCHES	NOTES	REPS	TEMPO	SET	REST
<ul style="list-style-type: none"><li>• HIP ROLL &amp; BRIDGE</li><li>• RUNNER'S STRETCH</li><li>• KNEES TO CHEST, FOREHEAD TO KNEES &amp; SQUEEZE</li><li>• HAMSTRING STRETCHES</li><li>• QUAD STRETCH</li><li>• HIP FLEXOR STRETCH (WALL OR BENCH);</li><li>• BUTTERFLY STRETCH</li><li>• PIGEON STRETCH</li><li>• TWISTING EXTENDED TRIANGLE</li></ul> <ul style="list-style-type: none"><li>• BIRD DOG W/ BOSU BALL</li><li>• CHILDS POSE (HOLD 10-20s)</li><li>• TREE POSE</li><li>• RAG DOLL</li><li>• COBRA (HELP LOOSEN THE LOWER BACK WHICH IS USUALLY INVOLVED WITH LOWER BODY WORK)</li><li>• WARRIOR I, II, III POSES</li></ul>	<p>*YOU DO NOT NEED TO DO ALL OF THESE. PICK WHAT YOU WANT BUT AIM TO STRETCH EVERY AREA.</p> <p>HAMSTRING AND QUAD STRETCHES – SEE NEXT PAGE.</p>	HOLD 20-30s	HOLD SLOW	1-2	N/A



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**STRETCHING ROUTINE CON'D:** \*IN-DEPTH AS TO DIFFERENT FORMS FOR EACH:

## HAMSTRING STRETCHES:

- **THE SIMPLE HAMSTRING STRETCH** – Seated, legs out front, bend at hips, bring chest to quads, arms beside your legs;
- **THE HURDLER HAMSTRING STRETCH** – As above, just one leg at a time – other leg – sole of foot is against your opposite inner thigh;
- **STANDING HAMSTRING STRETCH** – Stand & cross your one foot in front of the other, bend at waist bringing forehead to quads, keep legs straight – repeat by cross other leg in front;
- **THE RUNNER'S HAMSTRING AND CALF STRETCH** - one foot from a wall and place your hands on the wall at shoulder height, shoulder-width apart., Take a step back with one leg while pushing into the WALL, KEEP your back straight and press your heels into the floor;
- **RESISTANCE BAND HAMSTRING STRETCH** - Lie on the floor on your BACK, LOOP RB around your toes and hold the ends of the RB in both hands, slowly pull on the RB to lift your straight leg up. Be sure to keep your knee straight. The leg without the RB should remain flat on the ground.

## QUAD STRETCHES:

- **STANDING QUADRICEPS STRETCH** - standing on one leg – preferably next to a wall, so as to support your body –, lift the other foot behind your core, bending your knee using also your hand to pull your heel up until you sense the stretch in the front of your thigh;
- **LYING QUADRICEPS STRETCHING** - Sit down on the floor with your legs in front of you; now, slowly and slightly, bend one knee and then carefully move your back to the floor;
- **KNEELING QUADRICEPS STRETCH** - from an upright position, place one leg in front of you, bending its knee and leaving the other behind, putting its knee on the ground so as the two legs form an angle of 100-110 degrees; use a hand to grab the left behind foot from the toes, pulling it toward your glutes until you feel a stretch.



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## FOAM ROLLING ROUTINE

AREA	NOTES	REPS	TEMPO	SETS	REST
<ul style="list-style-type: none"><li>TFL &amp; IT-BAND</li><li>WHOLE CALF (LATERAL AND MEDIAL)</li><li>ADDUCTORS</li><li>HAMSTRINGS</li><li>QUADS</li><li>GLUTES</li><li>LOWER BACK</li></ul>	<p><b>SEE ATTACHED HOW-TO GUIDE FOR EACH AREA</b></p> <p>LACROSSE BALLS ARE ALSO YOUR BEST FRIEND TO GET DEEPER INTO THOSE MUSCLES. IT IS THE SAME PROCESS AS FOAM ROLLING, JUST WITH THE BALL.</p>	1-2 MIN PER AREA	<p>SLOW &amp; CONTROLLED</p> <p>HOLD TENDER SPOT FOR 30 TO 90 SECONDS</p>	1-2	N/A

## FOAM ROLLING How-To's:

\*RETRIEVED FROM YEGFITNESS\*



### 1 Quadriceps

- Kneel on the floor and place the foam roller right in front of your knees
- Lay down forward so that the roller is under your quads and your forearms are against the ground
- Your entire body should be in a straight, extended position with feet off the floor
- Roll back and forth along the top sides of your legs, from your hips to just above your kneecap

### 2 IT Band

- Begin by lying on your right side, body extended, with the roller under the outside of your right leg
- Place your right forearm on the ground and position your left leg up in front of your right leg
- Keep your right leg fully extended, but lift your foot off the floor so your weight is on the roller
- Using your arms and left leg for support, roll up and down your right leg, then switch sides



### 3 Hip Flexors

- This exercise is very similar to the one above, but with body slightly turned to target hip flexors
- Begin by lying on your right side, body extended, with the roller under the outside of your right leg
  - Turn your body towards the floor until the roller is sitting under the front part of your right hip
  - Using your arms and left leg for support, roll up and down your right leg, then switch sides

## 4 Hamstrings

- Sit on the floor with both legs in front of you, then place the roller underneath your legs
  - Lean back slightly, use your hands as a base, and raise your butt and feet off the floor
  - Using your arms for leverage and balance, roll back and forth along the backside of your legs
- Pro tip: for a more intense massage, cross one leg over the other so that only one leg is on the roller



## 5 Adductors

- Lie on your stomach, resting on your forearms, and place the roller on your side next to your hip
- Slightly twist your body & bring your leg up over the roller so that your inner thigh is resting on it
- Raise your body off the ground in plank position, but keep your leg's weight on the roller
- Move your body side-to-side so that the roller is moving from inner hips all the way to your knee

## 6 Glutes/Piriformis

- Start by sitting on top of the roller, leaning back on your hands with legs bent in front of you
- Cross your left leg over your right, and place your hand on your side
- Twist your body slightly, dropping your knee down and focusing the pressure on your glute
- Move back and forth so that the roller goes from top-to-bottom of your glute, then switch sides







## 7 Calves

- Sit on the floor with both legs in front of you, then place the roller under your calf muscles
  - Lean back slightly, use your hands as a base, and raise your butt and feet off the floor
  - Using your arms for leverage and balance, roll back and forth along the backside of your calves
- Pro tip: for a more intense massage, cross one leg over the other so that only one calf is on the roller

## 8 Anterior Tibialis

- Kneel on the floor and slide the roller so that it's sitting beneath your shins
  - Bend over forward, place your hands on the floor, and push your knees up off the ground
  - With your main body weight over the roller, roll back and forth across your shins
- Pro tip: for a more intense massage, cross one leg over the other so that only one shin is on the roller



## 9 Peroneals

- Begin by lying on your right side, body extended, with the roller under the outside of your right calf
- Place your right hand on the ground and position your left leg up in front of your right leg
- Keep your right leg fully extended, but lift your foot off the floor so your weight is on the roller
- Using your arms & left leg for support, roll up and down the outside of your calf, then switch sides



## 10 Lower Back

Believe it or not, you're actually not supposed to use a foam roller on your lower back! There's a lot of controversy surrounding this topic, but in 2014 the National Academy of Sports Medicine released a report stating that foam rolling the lower back is not advisable because of the heavy pressure it puts on vital organs like the kidneys and liver. Instead, you should use smaller tools like a massage pillow or massage ball, as those tools offer far better relief to the lower back.

## 11 Upper Back

- Sit on the floor and lie down backwards so that the roller is resting beneath your upper back
- Put your hands behind your head, then raise your hips up off the floor and keep your knees bent
- Using your legs for support and leverage, push your body up and down the roller

Pro tip: try placing your arms in different positions to target certain hard-to-reach back muscles



## 12 Thoracic Spine Extension

With this exercise, you won't actually be doing any rolling, this is more of a stretch for your back

- Sit on the floor, place the roller right behind you, and lean back so that your torso is at a 45° angle
- With hands on your head, take a deep breath, and as you exhale slowly bend back over the roller
- Once you've gotten the full stretch over the roller, lean back up, then take another breath & repeat



## 13 Thoracic Spine Matrix

Just like the exercise above, there is no rolling involved with this one, this is more of a stretch

- Place the roller vertically & lie backwards on top of the roller so that it runs parallel with your spine
- Start with arms down at your sides, then raise them up until they are on the floor behind you
- Repeat the arm movement above, moving your arms up and down to open up the back & chest



## 14 Lats

- Lie down on your right side with your right arm pointed up and away from your body
- Place the foam roller under your side, just below your armpit
- Keep your hips on the floor, but make sure your main body weight is over the roller
- Using your legs, roll up and down the foam roller along the outside of your back (the lats)

## 15 Neck & Traps

Like the lower back, the neck is another area where I'd say you would get far more relief using a smaller tool like a massage ball or a massage pillow. The neck is a tricky area because it's small and requires very precise pressure in order to relieve pain. There are a lot of muscles in the neck area, and because of how big and wide foam rollers are, it doesn't give you the precision you need to really get into the neck muscles & massage them.





## 16 Chest

- Lie flat on the floor with your stomach against the ground and arms out to your sides
- Slide the roller under your right arm and pull it against your body next to your chest
- Plant your left hand firmly on the floor, raise your hips and push your chest over the roller
- Using your left arm for leverage, roll your chest back and forth over the roller, then switch sides

## 17 Biceps & Triceps

- Lie down on your right side and hold your right arm out in front of you
- Slide the roller under your right arm so that it's directly under the middle of your upper arm
- To target triceps, rotate your arm and palm up, & to target biceps, rotate your arm and palm down
- Roll your body back & forth so that the roller is moving from armpit area to just above your elbow



## 18 Brachialis

You won't be rolling much with this exercise, this is just to provide pressure on your arm

- Place the roller on the floor and lie down on your right side, keeping your arms tucked in front of you
- When you lie down, the outside of your arm should be against the roller
- Raise your hips off the floor & hold that upright position for about 30 seconds, then switch sides

## 19 Shoulder & Rotator Cuff

This is another exercise where you don't roll much, the main movement here is rotating your body

- Lie down on the roller on your right side and put your hands behind your head
- Once the roller is under your armpit area, raise your hips off the floor
- Repeatedly rotate your body side-to-side from your back to your side, then switch sides

