

My Inspiration Never Dies
 29 Brindley Street
 Dandenong South, VIC, 3175

1 Set / 1 Rep



1. Drink Water - Hydration

Dehydrated tissues from inactivity, poor nutrition or lack of hydration can disrupt the integrity of your fascia/connective tissue. Maintaining a healthy total body water percentage will ensure your body is able to function efficiently and will reduce the risk of developing associated health problems. It regulates body temperature and helps eliminate waste.

Enhance your tissue tolerance and combat joint injury, pain and discomfort by keeping hydrated and drinking approx 2-3L of water a day.

1 Set / 1 Rep



2. Toe Touch Screen

The simple act of touching your toes can help you deal and recover from physical stress faster. It demonstrates your ability and flexibility in your back chain (includes calves, hamstring, glutes and lower back).

Start with your feet together and a soft bend in your knees. Bring your hands down and touch your toes. If you can't reach, measure how far off the ground you are for reference and use it as an objective measure to check in and see if your body is adapting.

Perform this screen before and after your program to see if there has been any changes in mobility, movement pattern and flexibility within your body.

1 Set / 1 Rep / 120 s hold



3. Crocodile Breathing

This exercise or technique is used to teach and train diaphragmatic breathing.

HOW | The Set-Up:

Begin in the prone posture by positioning yourself face down, so that your stomach is on the floor with your forehead on your hands, both palms down, one covering the other. Make sure the chest and arms are relaxed, and you are as "flat" as you can get; your neck should be relaxed and comfortable. You should feel that you are on your chest not on the edge of your ribs.

HOW | The Movement:

1. Breathe in through the nose and feel the air move down past the chest into the "stomach". When this happens, you will feel the abdomen push out against the ground and laterally, this should happen naturally without you forcing your stomach out.
2. Take a nasal inhalation and exhalation.
3. Nasal inhalation should be a low, slow 3 seconds
4. Then a brief pause
5. Nasal exhalation should be slow and full 4-6 seconds
6. Then a longer pause (2-3 seconds)
7. Then the next breath cycle
8. The air should expand in a 360-degree fashion filling the "cylinder" of the abdomen.



4. Myofascial Release Foot

This exercise is designed to hydrate dry tissues and loosen fascia so other structures can move more freely and range of motion can be restored.

HOW | The Set-Up:

Place lacrosse ball/foam roller 45 degrees underneath your foot.

HOW | The Movement:

Apply as much body weight pressure as you can tolerate. Isolate areas of tension and complete small movements/hold on sore spot. Breathe and relax. Hold for desired time or until muscle relaxes and tension eases off.



5. Myofascial Release Calves

This exercise is designed to hydrate dry tissues and loosen fascia so other structures can move more freely and range of motion can be restored.

HOW | The Set-Up:

Sit against a wall to keep your upper body posture.

Place a yoga block underneath your calf and place the ball between your muscle and block. Breathe and relax.

HOW | The Movement:

Apply as much body weight pressure as you can tolerate. Isolate areas of tension and complete small movements/hold on sore spot. Breathe and relax. Hold for desired time or until muscle relaxes and tension eases off.

WHAT | Tips on this Movement:

To make this more dynamic perform small ankle pumps slowly.



6. Myofascial Anterior 45 Release

This exercise is designed to hydrate dry tissues and loosen fascia so other structures can move more freely and range of motion can be restored.

HOW | The Set-Up:

Place lacrosse ball/foam roller 45 degrees on front/outside of leg (not directly on side of ITB and not directly on the front of the quad). Apply as much body weight pressure as you can tolerate. Breathe

HOW | The Movement:

Apply as much body weight pressure as you can tolerate. Isolate areas of tension and complete small movements/hold on sore spot. Breathe and relax. Hold for desired time or until muscle relaxes and tension eases off.



7. Myofascial Release Gluteal Fold

This exercise is designed to hydrate dry tissues and loosen fascia so other structures can move more freely and range of motion can be restored.

HOW | The Set-Up:

Sit on a chair with legs extended out and back supported. Place ball underneath where you glute ends and hamstring begins.

HOW | The Movement:

Apply as much body weight pressure as you can tolerate. Isolate areas of tension and complete small movements/hold on sore spot. Breathe and relax. Hold for desired time or until muscle relaxes and tension eases off.



8. Myofascial Release Gluteus Minimus

This exercise is designed to hydrate dry tissues and loosen fascia so other structures can move more freely and range of motion can be restored.

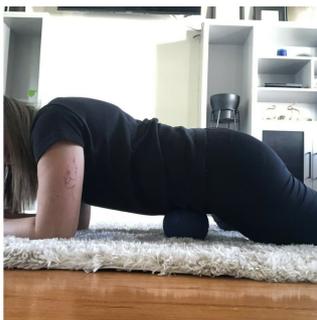
HOW | The Set-Up:

Lay on to back with knees bent at 90degrees. Place ball underneath glute/ side of bum & lower back.

HOW | The Movement:

. Apply as much body weight pressure as you can tolerate. Isolate area of tension and complete small movements/hold on sore spot. Keeping knee bent and foot on ground, let your knee open up and drop towards ground opening up hips. Breathe.

1 Set / 1 Rep / 120 s hold



9. Myofascial Release Psoas

This exercise is designed to hydrate dry tissues and loosen fascia so other structures can move more freely and range of motion can be restored.

HOW | The Set-Up:

Lay on your stomach. Place a soft ball approximately 5cm away from your belly button and 5cm down.

HOW | The Movement:

Apply as much body weight pressure as you can tolerate. Isolate areas of tension and complete small movements/hold on sore spot. Breathe and relax. Hold for desired time or until muscle relaxes and tension eases off.

2 Sets / 2 Reps / 30 s hold



10. Posterior Chain Stretch

Efficiently and effectively stretch your posterior chain. Finding length in the posterior chain prepares you.

HOW | The Set-Up:

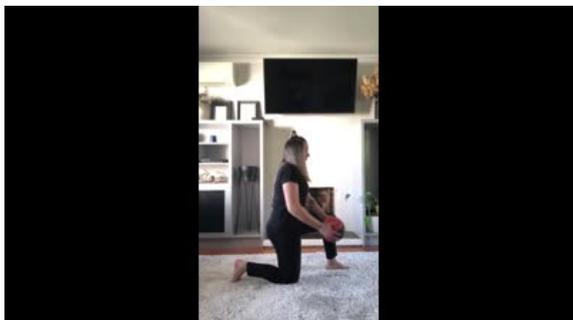
1. Start with your feet hip width apart. Soft knees and slight hip hinge.

HOW | The Movement:

1. Do an anterior pelvic tilt and trunk flexion to get deeper into the hip hinge until you reach 90 degree trunk flexion to 90 degree femur.
2. At the same time contract your TVA and perform an anterior pelvic tilt which helps stabilise pelvis.
3. Drop your chest slightly until you feel a stretch. Push your toes into the ground and slightly straighten your knees with plantar flexion engagement.
4. Hold for 40-50 seconds.

WHAT | Tips on this Movement:

1. Feet wider = stretch in adductors.
2. Feet together = vastus lateralis, ITB, outer hamstrings



11. Dynamic Hip Flexor Stretch

A dynamic stretch that improves range of motion and mobility while engaging and connecting core and ribcage mechanics.

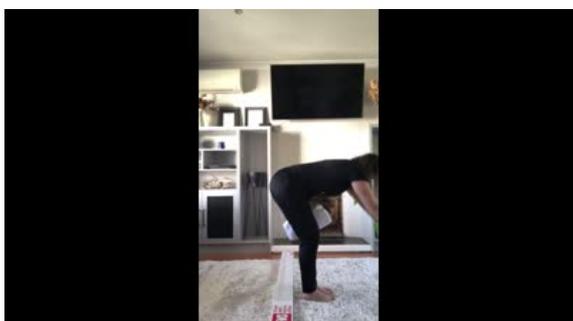
HOW | The Set-Up:

Come to a half kneeling position. Use foam mat for knees and maintain alignment within body. Grab a medicine ball. "Tuck"/ Draw your hip bones towards ribcage and draw your belly button in, keeping a flat, neutral spine. This should increase stretch intensity.

HOW | The Movement:

Slowly sit onto your heel swinging the medicine ball through rotating from your thoracic spine. Come back to a half knee position bring the ball through and reach diagonally above head rotating from your thoracic spine. It's important to keep joint stacking and make sure hips don't rotate or move too far forwards (this is to keep your lower back healthy).

3 Sets / 5 Reps



12. Toe Touch Progression

This drill promotes sensory awareness for proper hip hinging and squatting.

HOW | The Set-Up:

Stand with feet together and the balls of your feet up on the half foam roll with the round side up. Stand tall and make your spine as long and upright as possible. Knees should have a soft bend and never be locked out. Then, reach your hands towards the ceiling with your arms fully extended.

HOW | The Movement:

Take a deep breath in and on the exhale bring your chin toward your chest and bend forward so that your fingertips reach to touch your toes. If the fingertips do not touch your toes, bend the knees slightly until you touch your toes to complete the movement on each repetition.

Slowly and under control, stand back up to the starting position. Repeat for the desired number of repetitions. Then, change your foot position so that your heels are elevated and your toes are on the ground in front of the half foam roll. From this position, repeat the action.

2 Sets / 10 Reps



13. Hip Hinge with Dowel

This exercise assists in motor learning and proper pelvic positioning for correct hip hinge mechanics.

HOW | The Set-Up:

Begin standing feet shoulder width apart and place the dowel on your spine so that the head, back and sacrum all touch the dowel.

HOW | The Movement:

While maintaining 3 points of contact with the dowel, slide your hips back as far as you can. You should feel your hamstrings tighten and loaded.

Return to the start position by driving your hips forward so that you are in the start position and all 3 points of contact with the dowel are maintained.