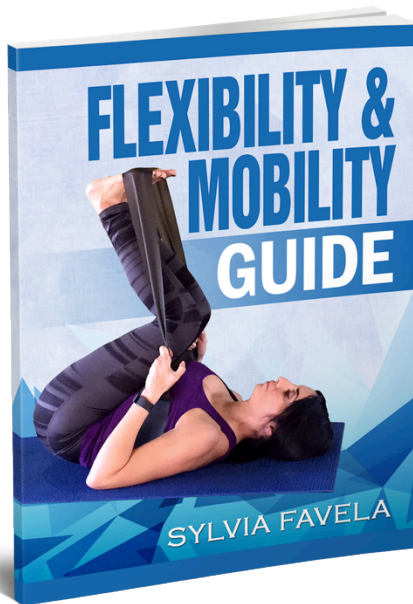


# Flexibility & Mobility Guide

By: Sylvia Favela



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## Welcome!

I'm super excited to share the Flexibility & Mobility Guide! As a Pilates Practitioner and functional movement specialist, I've helped hundreds of people; trainers and professional athletes improve their mobility and flexibility with my method.

These flexibility & mobility moves will help to improve your flexibility and reduce soreness from workouts or from nagging tight muscles.

Whether you're a novice, advanced or a top fitness athlete, or have lived with tight stiff muscles for too long, the Mobility guide is geared to help any fitness level by carefully incorporating these flexibility exercises to your fitness routine.

Keep mindful control of your body. Body awareness is the key to executing these core moves. Do not throw your body around to complete the moves or rush through them.

Enjoy and have fun!

*Sylvia Favela*

*Pilates Practitioner & Female Body Transformation Specialist*

## What To Expect

The Flexibility & Mobility program has been created for you to add to your daily regimen. By using the different series of movements below you will soon feel your body free of stress and tension.

As you continue to use these movements your agility and flexibility will improve. However, it is important for you to continue diligent practice of the exercises illustrated below.

### **YOU WILL NEED THE FOLLOWING:**

- Exercise/Stretch Band
- Foam Roller

## How To Use The Flexibility & Mobility Guide

This Flexibility & Mobility Guide has been created for you to use in conjunction with your 30-Day FTFB Challenge.

These exercises are recommended for any fitness level, whether you're a beginner, intermediate or advanced.

You will find 21 illustrated movements for you to do each day along with your Challenge program. It is recommended you do the movement directly after your workout. However, you can use these moves at any time of the day. There is no limit as to how many reps or times you should do these mobility moves.

By using these moves on your rest days will give you the most beneficial results and help in recovery by releasing lactic acid build up and reduce soreness.

Some movements require a stretch band or a foam roller. These can be purchased at any local sports store or online.

## Directions

The Flexibility & Mobility exercises illustrated below are designed for you to use on a daily basis. Do these exercises directly after a workout or right before you get to bed.

Start with Day 1 and proceed to each day thereafter. For each movement there is a prescribed rep scheme with repetitions, rounds and recovery.

You can always add more movements per day, if you feel your body needs the extra recovery and flexibility.



### **Day 1 - Hip Stretch**

- Use an exercise/stretch band in this movement to assist you in completing this move.
- Keep your pelvis neutral and square to the floor.
- Do not allow your hips to rock, keep them firmly pressed down to the floor, and engage your abdominals.
- Place the band underneath your right foot, pay close attention to not allow the band to roll up. And, do not allow the band to roll off your foot, this will result in the band flaying off and potentially hit you in the face. (Be Cautious)
- Do not hyperextend your knee or lock it out.
- Lengthen your leg by gradually tightening the thigh muscle above your knee.
- Inhale and bring your leg to the outside of your body.
- Inhale and exhale. Holding for 15 to 20 seconds.
- Repeat on the other side.
- Do 3 to 4 rounds, Holding for 20 seconds on each side.

**Side Note:** *This movement will help to increase the flexibility of your inner thigh and help to increase your hamstring flexibility. Make sure to hold on to your band and keep your opposite hip down.*



## **Day 2 - Hamstring Heel Press**

- Use an exercise/stretch band in this movement.
- Keep your pelvis neutral and square to the floor.
- Do not allow your hips to rock, keep them firmly pressed down to the floor, and engage your abdominals.
- Place the band behind your right foot, pay close to attention to not allow the band to roll up.
- Press your right heel up towards the ceiling, keeping your thigh muscle active.
- Do not hyperextend your knee or lock it out.
- Lengthen your leg by gradually tightening the thigh muscle right above your knee.
- Exhale as you extend your leg, inhale as you bend your knee back in.
- Repeat on the other side.
- Do 10 repetitions on each side, 3 to 4 rounds

**Side Note:** *This movement is simple to do everyday and will help to increase your flexibility in your hamstrings. When your leg is in the band make sure to not allow the leg to hang out and not work. Actively press your heel to the sky and at the same time press the hip down firmly to the floor.*



### **Day 3 - Double Heel Press**

- Use an exercise/stretch band in this movement.
- Keep your pelvis neutral and square to the floor.
- Do not allow your hips to rock, keep them firmly pressed down to the floor, and engage your abdominals.
- Place the band behind both feet, pay close attention to not allow the band to roll up.
- Press your both heels up towards the ceiling, pushing through your heel while keeping your thigh muscles active.
- Do not hyperextend your knees or lock them out.
- Lengthen your legs by gradually tightening the thigh muscle right above your knee.
- Exhale as you extend your legs, inhale as you bend your knees back in.
- Repeat on the other side.
- Do 10 repetitions, 3 to 4 rounds.

**Side Note:** *This movement is simple to do everyday and will help to increase mobility in your hamstrings. When both feet are in the band be sure to actively press your heel to the sky and at the same time press the hip down firmly to the floor.*



#### ***Day 4 - Roll Over***

- Begin by laying on your back, arms along your side.
- Squeeze thighs together, extend them and lift them off the floor at 45-degree angle.
- Inhale, as you pull your belly button in towards your spine.
- Exhale, lift legs over your body as your roll through your spine
- Legs are parallel to the floor, toes pointed down towards the floor.
- Making sure to keep the deep abdominal muscles engaged (these are the transversals)
- Keep thighs as tight and as close as you can to your chest.
- Lead with your heels as you bring your body up and over.
- Keep both legs as straight as possible.
- Do 8 repetitions, 3 to 4 rounds, rest 20 seconds

***Side note:*** This movement requires the recruitment of your hamstrings to stay in the proper position. If you are unable to keep both legs straight, bend them slightly. However, if you are not able to bring your legs off the floor, bend your knees and roll through your spine a little at a time until you are able to do the full move.





### **Day 5 - Side Twist**

- Begin by laying on the floor.
- Bend both knees to a tabletop position. Arms extend out to a T-position.
- Inhale as you bring both knees over the right.
- Keep knees and feet together at all times. They should not slip away.
- Hips and knees to remain stacked throughout movement.
- Exhale draw both knees back to the center.
- Inhale bring both knees over the left.
- The movement requires consistent engagement of the obliques to twist from side to side.
- Do not allow the legs to fall side to side as you move. Control your movement.
- Keep close attention you do not allow your rib cage to thrust forward, keep your ribs drawn in and down towards your waistline.
- Do 10 repetitions on each side, 3 to 4 Rounds, rest 20 seconds

**Side Note:** *This is a great exercise to do when your low back feels really tight or when you've been sitting in front of a computer all day long.*



### **Day 6 - Spine Stretch**

- Begin by sitting straight up.
- Legs straight shoulder width apart, feet flexed.
- Arms straight out in front of your body.
- Exhale, roll down one vertebrae at a time as you bring your arms down and hands through your feet.
- Keep palms facing each other at all times.
- Inhale restack your spine to a sitting position.
- Make sure to keep your abdominals drawn in towards your belly button.
- Keep your heels pressed on the floor throughout the move and hips are to remain still at all times.
- Do 10 repetitions, 3 rounds

**Side Note:** *Keep in mind when you lower your torso over your thighs your hips will want to shift. By drawing your abdominals in and firmly placing your hips to the floor it will prevent movement of the pelvis. This movement helps to increase your hamstring flexibility and allows your hip flexors to move in full range of motion.*



### **Day 7 - Band Side Twist**

- Holding an exercise/stretch band in both hands, extend arms straight up overhead.
- Sitting straight up extend both legs straight out in front of your body with heels firmly pressed on the floor.
- Feet flexed flat and feet together at all times.
- Maintain abdominal contraction by pulling your belly button in towards your spine.
- Inhale rotate your torso, twisting at the waist to the right side.
- Exhale rotate your torso back to starting position.
- Repeat on the other side.
- Do 10 repetitions on each side, 3 rounds, 20 second rest

**Side Note:** *Keep in mind when rotating around your waistline you keep your heels firmly pressed down on the floor. As you twist keep your opposite hip down as you rotate to either side. This movement helps to increase your hamstring flexibility and allows your hip flexors to move in full range of motion.*



### **Day 8 - Band Forward Row**

- Hold an exercise/stretch band in both hands.
- Begin by sitting straight up.
- Legs straight out in front of your body, feet flexed and pressed together.
- Place band behind both feet.
- Arms straight out in front of your body holding the band, palms down.
- Draw your shoulder blades down and together to the center of your back.
- Exhale, pull the band while you bend your elbows back towards your chest.
- Hands rotate as you pull.
- Inhale, extend arms straight out in front of your body to start position.
- Keep abdominals drawn in towards your belly button.
- Shoulders are stacked above your hips at all times.
- Do 10 repetitions, 3 – 4 rounds, 20 second rest

**Side Note:** For extra resistance take a closer grip on the band. Squeeze between the shoulders to keep your upper traps from overpowering the movement. By drawing your abdominals in and firmly placing your hips to the floor it will prevent movement of the pelvis.



### **Day 9 - Band W Rotation**

- Holding a stretch band in both hands.
- Sitting straight up extend both legs straight out in front of your body with heels firmly pressed on the floor.
- Feet flexed flat and feet together at all times.
- Maintain abdominal contraction by pulling your belly button in towards your spine.
- Inhale, brings arms up overhead as you bend your elbows down to your side.
- Exhale, extend arms straight up overhead and back to the front of your body.
- Keep shoulder blades pulled down and together at all time.
- Abdominals drawn in towards your spine as you progress through the movement.
- Do 10 repetitions, 3 rounds, 20 second rest

**Side Note:** Keep in mind when moving the band back and forth do not allow your wrist to bend, they are to stay straight at all times. Hips are to remain still as you move the band back and forth.



### **Day 10 - Band Pull**

- Holding an exercise/stretch band in both hands, extend arms straight up overhead.
- Sitting straight up extend both legs straight out in front of your body with heels firmly pressed on the floor.
- Feet flexed flat and feet together at all times.
- Maintain abdominal contraction by pulling your belly button in towards your spine.
- Hold arms up and straight at shoulder height.
- Inhale pull band across the front your chest to the sides of your body.
- Exhale bring band back to start position.
- Do 12 repetitions, 3 rounds, 20 second rest

***Side Note:*** Keep in mind when rotating moving the back to the sides you want to keep your hips firmly planted on the floor and feet flexed flat at all times.



### **Day 11 - IT Band Stretch**

- Use an exercise/stretch band in this movement.
- Keep your pelvis neutral and square to the floor.
- Do not allow your hips to rock, keep them firmly pressed down to the floor, and engage your abdominals
- Place the band behind your left foot, pay close attention to not allow the band to roll up.
- Keep both your elbows down to each side of your body.
- Exhale, bring the leg across your body.
- Lower your big toe to the floor and pinky toe to the ceiling.
- Do not hyperextend your knee or lock it out.
- Lengthen your leg by gradually tightening the thigh muscle right above your knee.
- Repeat on opposite side.
- Hold for 20 seconds, 3 rounds

**Side Note:** *Keep your opposite hip down as your leg crosses of your other leg. You will want to do this move as frequently as possible. You will feel a relief in your hip flexors and low back.*



### **Day 12 - Pelvic Roll**

- Begin by laying on the floor.
- Bend both knees, feet firmly planted on the floor.
- Knees and feet are hip width apart.
- Exhale, roll through your back as you bring your hips up towards the ceiling.
- Inhale, roll down one vertebrae at a time.
- Shoulders and arms pressed firmly on the floor as you progress through the movement.
- Do not allow arching of your low back.
- Keep close attention you do not allow your rib cage to thrust forward, keep your ribs drawn in and down towards your waistline.
- Do 10 repetitions, 3 to 4 Rounds, rest 20 seconds

***Side Note:** This is a great exercise to do when your low back feels really tight or when you've been sitting in front of a computer all day long.*





### **Day 13 - Pivot Prone**

- Begin by laying stomach down on the floor or on a mat.
- Legs extended straight out behind you, toes pressed down to the floor.
- Extend both arms straight out overhead.
- Maintain proper spine alignment by keeping your head in to your spine. Eyes down to the floor.
- Press hips into the floor to lengthen the back and squeeze the glutes.
- Obliques drawn in and tight.
- Exhale, extend arms out overhead.
- Inhale, bends elbows back towards the small of your back and hands by your ear.
- Legs are parallel to the floor, toes pointed down towards the floor.
- Making sure to keep the deep abdominal muscles engaged (these are the transverse abdominals) to avoid any pressure in your low back.
- Do 10 repetitions, 3 to 4 rounds, rest 20 seconds

**Side note:** *This movement requires the recruitment of your obliques and glutes to maintain proper alignment.*



### **Day 14 - Prone Hitchhiker**

- Begin by laying stomach down on the floor or on a mat.
- Legs extended straight out behind you, toes pressed down to the floor.
- Extend both arms straight out overhead with hands in fists and thumbs up.
- Maintain proper spine alignment by keeping your head inline to your spine. Eyes down to the floor.
- Press hips into the floor to lengthen the back and squeeze the glutes.
- Obliques drawn in and tight.
- Inhale, extend arms out overhead.
- Exhale, bring both arms straight by your side.
- Squeeze shoulder blades together
- Legs are parallel to the floor, toes pointed down towards the floor.
- Making sure to keep the deep abdominal muscles engaged (these are the transverse abdominals) to avoid any pressure in your low back.
- Do 10 repetitions, 3 to 4 rounds, rest 20 seconds

**Side note:** *This movement requires the recruitment of your obliques and glutes to maintain proper alignment.*



### **Day 15 - Quad Foam Roll**

- Use a foam roller for this movement.
- Begin by laying stomach down on the foam roller.
- Legs extended straight out behind you, toes pressed down to the floor.
- Extend both arms straight down to the floor, hands inline with the shoulders.
- Maintain proper spine alignment by keeping your head inline to your spine. Eyes down to the floor.
- Keep abdominals pulled in as you progress through the movement.
- Inhale, roll back on the roller until it comes up to your hips.
- Exhale, move roller back to the start position.
- Squeeze shoulder blades together.
- Legs are parallel to the floor, toes pointed down towards the floor.
- Making sure to keep the deep abdominal muscles engaged (these are the transverse abdominals) to avoid any pressure in your low back.
- Do 15 repetitions, 3 to 4 rounds, rest 20 seconds

**Side note:** *This movement requires the recruitment of your obliques and glutes to maintain proper alignment. Depending on how stiff and tight your quadriceps are, you will feel the foam roller working.*



### **Day 16 - Mid Back Foam Roll**

- Use a foam roller for this movement.
- Begin by laying your mid back down on the roller.
- Both feet firmly pressed on the floor.
- Hands interlaced behind your head.
- Inhale, start in a lifted position.
- Exhale, lower your shoulders down to the floor while keeping your glutes pressed down to the floor.
- Squeeze shoulder blades together.
- Making sure to keep the deep abdominal muscles engaged (these are the transverse abdominals) to avoid any pressure in your low back.
- Do 15 repetitions, 3 to 4 rounds, rest 20 seconds

**Side note:** *This movement requires the recruitment of your obliques and glutes to maintain proper alignment. Depending on how stiff and tight your mid/upper back is, you will feel the foam roller working and will need to adjust the repetitions you do.*



### **Day 17 - Back Foam Roll**

- Use a foam roller for this movement.
- Begin by laying your upper back down on the roller.
- Bend both knees with feet firmly pressed on the floor.
- Arms straight out in front of you, hands together.
- Exhale, extend legs straight out as the roller moves down towards your lower back.
- Inhale, back to starting position.
- Squeeze shoulder blades together.
- Do not allow your body to fall all over the place, control your movements and your body position.
- Be sure to keep the deep abdominal muscles engaged (these are the transverse abdominals) to avoid any pressure in your low back.
- Do 15 repetitions, 3 to 4 rounds, rest 20 seconds

**Side note:** *This movement requires the recruitment of your obliques and glutes to maintain proper form. Depending on how stiff and tight your mid/upper/lower back is, you will feel the foam roller working and will need to adjust the repetitions you do.*



### **Day 18 - Shoulder/Chest Foam Roll**

- Use a foam roller for this movement.
- Begin by laying your shoulders and upper back on the roller.
- Bend both knees with feet firmly pressed on the floor.
- Arms straight out in front of you, hands together.
- Exhale, roll the foam roller to the shoulders.
- Move arms out to both sides of the body.
- Inhale, back to starting position.
- Squeeze shoulder blades together while maintaining your glutes/hips firmly on the floor.
- Control your movements and your body position.
- Keep the deep abdominal muscles engaged (these are the transverse abdominals) to avoid any pressure in your low back.
- Hold position for 15 seconds, do 3 to 4 rounds.

**Side note:** *This movement requires the recruitment of your obliques and glutes to maintain proper form. Depending on how stiff and tight your mid/upper/lower back is, you will feel the foam roller working and will need to adjust the repetitions you do.*



### **Day 19 - Full Back Foam Roll**

- Use a foam roller for this movement.
- Begin by placing your back down on the foam roller.
- Head, back and glutes must remain on the roller the entire time.
- Both feet firmly pressed on the floor.
- Arms straight out to the side of the body.
- Inhale, keeping fingers on the floor, bring arms up overhead.
- Exhale, bring arms down by your side to start position.
- Squeeze shoulder blades together pressed on the roller.
- Keep the deep abdominal muscles engaged (these are the transverse abdominals) and pressed into the foam roller to avoid any pressure in your low back.
- Do 15 repetitions, 3 to 4 rounds, rest 20 seconds

***Side note:** Depending on how stiff and tight your shoulders and chest are, you will feel the foam roller working and will need to adjust the repetitions you do.*



### **Day 20 - Glute/Hamstring Foam Roll**

- Use a foam roller for this movement.
- Begin by sitting on the foam roller.
- Arms straight placed behind you.
- Knees bent, feet firmly placed on the floor.
- Maintain proper spine alignment by keeping your head inline to your spine.
- Keep abdominals pulled in as you progress through the movement.
- Inhale, roll back on the roller until it's positioned behind your hamstrings towards the back of your knees.
- Exhale, move roller back to the start position.
- Legs are parallel to the floor, heels placed down towards the floor.
- Making sure to keep the deep abdominal muscles engaged (these are the transverse abdominals) to avoid any pressure in your low back.
- Do 15 repetitions, 3 to 4 rounds, rest 20 seconds

**Side note:** *This movement requires the recruitment of your obliques and glutes to maintain proper alignment. Depending on how stiff and tight your hamstrings are, you will need to adjust the rep scheme.*





### **Day 21 - IT Foam Roll**

- Use a foam roller for this movement.
- Begin by placing your left hip directly on the foam roller.
- Right knee is bent with foot firmly placed on the floor.
- Keep abdominals pulled in as you progress through the movement.
- Inhale, extend the top leg straight out as you roll down on the roller until it's positioned slightly above the knee.
- Exhale, move roller back to the start position.
- Legs are parallel to the floor, heels placed down towards the floor.
- Making sure to keep the deep abdominal muscles engaged (these are the transverse abdominals) to avoid any pressure in your low back.
- Do 10 repetitions on each side, 3 to 4 rounds, rest 20 seconds

**Side note:** *This movement requires the recruitment of your obliques to maintain proper form. Depending on how stiff and tight your hamstrings are, you will need to adjust the rep scheme.*



### **Day 22 - Quad Foam Roll**

- Use a foam roller for this movement.
- Begin by laying stomach down on the foam roller.
- Legs extended straight out behind you, toes pressed down to the floor.
- Extend both arms straight down to the floor, hands inline with the shoulders.
- Maintain proper spine alignment by keeping your head inline to your spine. Eyes down to the floor.
- Keep abdominals pulled in as you progress through the movement.
- Inhale, roll back on the roller until it comes up to your hips.
- Exhale, move roller back to the start position.
- Squeeze shoulder blades together.
- Legs are parallel to the floor, toes pointed down towards the floor.
- Making sure to keep the deep abdominal muscles engaged (these are the transverse abdominals) to avoid any pressure in your low back.
- Do 15 repetitions, 3 to 4 rounds, rest 20 seconds

**Side note:** *This movement requires the recruitment of your obliques and glutes to maintain proper alignment. Depending on how stiff and tight your quadriceps are, you will feel the foam roller working.*



### **Day 23 - Pivot Prone**

- Begin by laying stomach down on the floor or on a mat.
- Legs extended straight out behind you, toes pressed down to the floor.
- Extend both arms straight out overhead.
- Maintain proper spine alignment by keeping your head in to your spine. Eyes down to the floor.
- Press hips into the floor to lengthen the back and squeeze the glutes.
- Obliques drawn in and tight.
- Exhale, extend arms out overhead.
- Inhale, bends elbows back towards the small of your back and hands by your ear.
- Legs are parallel to the floor, toes pointed down towards the floor.
- Making sure to keep the deep abdominal muscles engaged (these are the transverse abdominals) to avoid any pressure in your low back.
- Do 10 repetitions, 3 to 4 rounds, rest 20 seconds

**Side note:** *This movement requires the recruitment of your obliques and glutes to maintain proper alignment.*



### **Day 24 - Band Forward Row**

- Hold an exercise/stretch band in both hands.
- Begin by sitting straight up.
- Legs straight out in front of your body, feet flexed and pressed together.
- Place band behind both feet.
- Arms straight out in front of your body holding the band, palms down.
- Draw your shoulder blades down and together to the center of your back.
- Exhale, pull the band while you bend your elbows back towards your chest.
- Hands rotate as you pull.
- Inhale, extend arms straight out in front of your body to start position.
- Keep abdominals drawn in towards your belly button.
- Shoulders are stacked above your hips at all times.
- Do 10 repetitions, 3 – 4 rounds, 20 second rest

**Side Note:** For extra resistance take a closer grip on the band. Squeeze between the shoulders to keep your upper traps from overpowering the movement. By drawing your abdominals in and firmly placing your hips to the floor it will prevent movement of the pelvis.



### **Day 25 - Band Side Twist**

- Holding an exercise/stretch band in both hands, extend arms straight up overhead.
- Sitting straight up extend both legs straight out in front of your body with heels firmly pressed on the floor.
- Feet flexed flat and feet together at all times.
- Maintain abdominal contraction by pulling your belly button in towards your spine.
- Inhale rotate your torso, twisting at the waist to the right side.
- Exhale rotate your torso back to starting position.
- Repeat on the other side.
- Do 10 repetitions on each side, 3 rounds, 20 second rest

**Side Note:** *Keep in mind when rotating around your waistline you keep your heels firmly pressed down on the floor. As you twist keep your opposite hip down as you rotate to either side. This movement helps to increase your hamstring flexibility and allows your hip flexors to move in full range of motion.*



### **Day 26 - Pelvic Roll**

- Begin by laying on the floor.
- Bend both knees, feet firmly planted on the floor.
- Knees and feet are hip width apart.
- Exhale, roll through your back as you bring your hips up towards the ceiling.
- Inhale, roll down one vertebrae at a time.
- Shoulders and arms pressed firmly on the floor as you progress through the movement.
- Do not allow arching of your low back.
- Keep close attention you do not allow your rib cage to thrust forward, keep your ribs drawn in and down towards your waistline.
- Do 10 repetitions, 3 to 4 Rounds, rest 20 seconds

***Side Note:** This is a great exercise to do when your low back feels really tight or when you've been sitting in front of a computer all day long.*



### **Day 27 - IT Band Stretch**

- Use an exercise/stretch band in this movement.
- Keep your pelvis neutral and square to the floor.
- Do not allow your hips to rock, keep them firmly pressed down to the floor, and engage your abdominals
- Place the band behind your left foot, pay close attention to not allow the band to roll up.
- Keep both your elbows down to each side of your body.
- Exhale, bring the leg across your body.
- Lower your big toe to the floor and pinky toe to the ceiling.
- Do not hyperextend your knee or lock it out.
- Lengthen your leg by gradually tightening the thigh muscle right above your knee.
- Repeat on opposite side.
- Hold for 20 seconds, 3 rounds

**Side Note:** *Keep your opposite hip down as your leg crosses of your other leg. You will want to do this move as frequently as possible. You will feel a relief in your hip flexors and low back.*



### **Day 28 - Full Back Foam Roll**

- Use a foam roller for this movement.
- Begin by placing your back down on the foam roller.
- Head, back and glutes must remain on the roller the entire time.
- Both feet firmly pressed on the floor.
- Arms straight out to the side of the body.
- Inhale, keeping fingers on the floor, bring arms up overhead.
- Exhale, bring arms down by your side to start position.
- Squeeze shoulder blades together pressed on the roller.
- Keep the deep abdominal muscles engaged (these are the transverse abdominals) and pressed into the foam roller to avoid any pressure in your low back.
- Do 15 repetitions, 3 to 4 rounds, rest 20 seconds

**Side note:** Depending on how stiff and tight your shoulders and chest are, you will feel the foam roller working and will need to adjust the repetitions you do.





### **Day 29 - Glute/Hamstring Foam Roll**

- Use a foam roller for this movement.
- Begin by sitting on the foam roller.
- Arms straight placed behind you.
- Knees bent, feet firmly placed on the floor.
- Maintain proper spine alignment by keeping your head inline to your spine.
- Keep abdominals pulled in as you progress through the movement.
- Inhale, roll back on the roller until it's positioned behind your hamstrings towards the back of your knees.
- Exhale, move roller back to the start position.
- Legs are parallel to the floor, heels placed down towards the floor.
- Making sure to keep the deep abdominal muscles engaged (these are the transverse abdominals) to avoid any pressure in your low back.
- Do 15 repetitions, 3 to 4 rounds, rest 20 seconds

**Side note:** *This movement requires the recruitment of your obliques and glutes to maintain proper alignment. Depending on how stiff and tight your hamstrings are, you will need to adjust the rep scheme.*



### **Day 30 - Shoulder/Chest Foam Roll**

- Use a foam roller for this movement.
- Begin by laying your shoulders and upper back on the roller.
- Bend both knees with feet firmly pressed on the floor.
- Arms straight out in front of you, hands together.
- Exhale, roll the foam roller to the shoulders.
- Move arms out to both sides of the body.
- Inhale, back to starting position.
- Squeeze shoulder blades together while maintaining your glutes/hips firmly on the floor.
- Control your movements and your body position.
- Keep the deep abdominal muscles engaged (these are the transverse abdominals) to avoid any pressure in your low back.
- Hold position for 15 seconds, do 3 to 4 rounds.

**Side note:** *This movement requires the recruitment of your obliques and glutes to maintain proper form. Depending on how stiff and tight your mid/upper/lower back is, you will feel the foam roller working and will need to adjust the repetitions you do.*