

Revelution Fitness Mobility Seminar
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Learn skills to resolve pain, prevent injury, and optimize athletic performance.

Using the 3 S's of mobility: **Soft tissue, Stretch, and Strength**, we will teach athletes how to address issues that limit movement and effect performance. Tackling soft tissue restrictions, short/tight muscles, and motor control issues will ultimately allow for better function and an increased ROM at the joints...and a safer, healthier and happier athlete!

The seminar will cover all major joints: shoulders, hips, knees, ankles and will cover pre- and post- exercise regimens.

Ankle:

- **Bone Saw:** using a foam roller, place the base of the front of your ankle along the roller. Cross the other leg behind and onto of the treated leg. using your hands, roll along the length of your shin to just below the knee - 10-15 rolls per side
- **Calf and Achilles Stretch:** in a push up position place the right foot on top of left. Pike the hips to the sky and press the heel of the left foot towards the ground . Hold for 30 seconds then switch sides.
- **Standing Calf Raise:** start in standing position with toes pointed straight ahead. Push through toes to lift heels of ground. Hold for 2-3 seconds before returning heels to ground. Repeat with toes pointed towards one another. 10 reps each position.

Knee

- **Foam Roll Quad** - laying on stomach, place foam roller above knee. Cross opposite leg onto of leg on roller. Roll body to move foam roller up leg and into hip flexor. Roll back to starting point. 10 reps per side.
- **Kneeling Quad Stretch** - start in a lunge position. Reach back to grab ankle of rear leg. Pull ankle towards butt as you lean forward towards from knee. Hold 30-60 seconds per side.
- **Split Squat** - start in a split position and shift weight to front foot. Bend back knee and lower towards floor. keep front knee stacked directly over the front ankle. Drive throw front heel to return to starting position. 10 reps per side.

Hip:

- **Sansom Stretch-** start in a long lunge position with back knee on the ground. Interlace fingers and extend arms to reach palms towards the sky. Drive forward towards the front knee. Tuck the pelvis underneath and lean back toward the rear foot. Hold for 20-30 seconds and repeat on opposite side.
- **Squat Complex** -Start in a push-up position. Step the right foot to the outside of the right hand, drop the elbows towards the ground and hold for 3 seconds. Repeat with the left foot. Bring both feet up outside of the hands and sit in the bottom of a swat position

- **Hip Bridges:** flat on back on ground - knees bent and feet flat on ground - push through the heels to lift the hips to the sky, keeping shoulders on the ground - squeeze butt, hold for 1 second - lower back to the floor. 10 reps.

Low Back:

- **Windshield Wipers** – laying flat on floor with arms spread straight out to sides, raise right leg straight up, twist it towards the left side crossing over your body to try to touch toes to floor. Hold for 2 seconds and slowly return to starting position. Switch legs and repeat for 10 reps each leg.
- **Cobra Stretch** - laying flat on ground on stomach. Slide hands under your body and to you side like a push-up. Leave your hips on the ground and lift your chest. Keep your arms directly under your shoulders and roll your shoulders down and back. Hold for 30 seconds.
- **Superman** - laying face down on your stomach with your arms extended straight out on the floor above your head. Grab onto a PVC pipe just wider than shoulder grip. Raise your arms, head, and legs of the ground as high as possible. Try to keep both your arms and legs as straight as possible.. Hold for 2 seconds at the top and slowly lower back to rest on the floor. Repeat for 10 reps.

T-Spine:

- **Foam Roller Thoracic Stretch** - laying flat on back, place foam roller along bottom of shoulder blades. Raise arms overhead and lift hips to sky to place back of hands on ground. have partner step on fingers, or grab stable object to secure arm position. Slowly drop hips towards ground and hold. 30-60 seconds.
- **Full Spine Foam Roll** - Place the foam roller just under the low back. Hold onto the back of the legs and roll back and forth on the low spine while maintaining a crunched position. Roll for 10 reps. Now roll among the full length of the spine, bringing the spine into extension, by raising the hands up overhead and dropping the shoulders towards the floor. Repeat for 10 reps.
- **Scap Retraction / Protraction** - start in top of the push-up position. Press into the ground to spread shoulder blades apart and hollow body towards sky. keep arms straight, retract shoulder blades to sink body towards ground. 10 reps.

Shoulder:

- **Foam Roll Lat** - Lay on side, place foam roller under the armpit. Cross arms over chest. use legs to roll to the bottom of the rib cage and back. 10 roll per side (up and down = 1)
- **Rear Delt/Pec Stretch** - on hands and knees, open chest and raise right aren to sky, tuck right arm under and through body dropping the back of the right shoulder to the ground, hold for 20-30 seconds. Take right arm and slide it out to the side of the body pressing the chest towards the ground. Hold for 20-30 seconds.
- **Floor Angels** - laying flat on your back, make a “W” with arms by placing the back of your hands and back of your elbows on the ground. Keeping head, shoulders, elbows and hands touching the ground, slide hands above head into a “Y” position. Only raise hands as high as you canmaintina all contact points on the ground. Return arms to “W” position by squeezing shoulders together and pulling elbows towards ribs. 10 reps.