

## EXERCISE LIBRARY (DESCRIPTIONS)

### SECTION 1: INHIBIT (SMR)

- **ADDUCTOR ROLLOUT**
  - **Description:** Use a foam roller on your inner thigh. Start at your groin and roll slowly to your knee. Pause on tender spots.
- **CALF ROLLOUT**
  - **Description:** Sit on the floor with a foam roller under one calf. Cross your other leg on top for pressure. Roll slowly from your ankle to just below your knee.
- **LAT & TRICEPS ROLLOUT**
  - **Description:** Lie on your side on the foam roller. Start at your armpit and roll down your lat. Then, position the roller on your triceps (the back of your upper arm). Find hotspots and hold.
- **PEC & ANTERIOR DELT RELEASE**
  - **Description:** (Requires a massage or tennis ball). Lean against a wall and place the ball in your armpit/upper lat area, or just below your collarbone. Roll slowly and apply pressure to trigger points.
- **QUADS & HIP FLEXOR ROLLOUT**
  - **Description:** Lie face down on a foam roller. Roll slowly from just above your knee all the way up to your hip crease, addressing both the thigh and the hip flexors. Keep your core braced.
- **SMR MERGED OPTIONS (CALVES & OUTER THIGHS)**
  - **Description:** Options to roll out your calves (as in 'Calf Rollout') and your outer thighs (IT band/lateral thigh area) for focused inhibition.

### SECTION 2: LENGTHEN (Static)

- **MERGED HIP FLEXOR STRETCHES (STANDING & KNEELING OPTIONS)**
  - **Description:** Choose between a standing or kneeling lunge. Step forward with one leg, keeping your torso upright and core braced. Drive your hips forward, squeezing the back glute to feel the stretch. Reach the opposite hand to the ceiling to deepen.
- **MERGED CALF STRETCHES (GASTROC & SOLEUS OPTIONS) (image\_6.png)**
  - **Description:** Two variations: (1) Standing facing a wall with a straight back leg, pushing the heel firmly into the ground (targets gastroc); (2) Kneeling with a flat foot, driving the knee forward past the toes (targets soleus).
- **SCAPULAR MOBILITY & PEC STRETCHES (SHOULDER & CHEST OPTIONS)**
  - **Description:** Options for a dynamic scapular stretch against a structure, a single-arm kneeling pec stretch, and a standing doorway pec stretch. Maintain an open chest.
- **PRONE CHEST & T-STRETCH (ANTERIOR CHAIN OPENING)**
  - **Description:** Lie face down with arms extended wide. Slowly roll your torso upward to one side, keeping the opposite arm flat on the floor to stretch the chest. Breathe deeply.
- **MERGED OPTION: KNEELING HIP FLEXOR & HAMSTRING STRETCHES**
  - **Description:** Perform a kneeling hip flexor stretch, driving hips forward. Then, straighten the front leg to perform a hamstring stretch, pulling the toes back. Merge the movements for overall leg mobility.
- **STATIC GASTROCNEMIUS STRETCH (SPLIT STANCE WALL STRETCH)**

**Description:** (This is the same as the Standing Gastroc stretch mentioned previously). A

split-stance stretch facing a wall, back heel down, back knee straight.

### **SECTION 3: ACTIVATE (Neural Recruitment)**

- **PRONE FLOOR SCORPION**
  - **Description:** Lie prone (face down), arms wide in a T-shape. Squeeze your glute to lift one leg, bending the knee, and rotate the leg over towards the opposite hand. Keep rotation smooth and core braced.
- **SINGLE-LEG GLUTE BRIDGE**
  - **Description:** Lie on your back, knees bent, one leg straight in the air. Drive your floor heel down and bridge your hips up in a straight line, keeping the pelvis level. Focus on glute activation.
- **SCAPULAR WALL SLIDES**
  - **Description:** Stand with your back and elbows pressed firmly against a wall. Slowly slide your arms up and down vertically, maintaining full wall contact and braced core. (This exercise appears on multiple workout days, emphasizing its importance).
- **RESISTANCE BAND PULL-APARTS**
  - **Description:** Stand tall with arms extended at chest height, holding a band. Pull the band apart until it touches your chest, squeezing your back muscles.
- **GLUTE BRIDGE & BANDED CLAM-SHELLS**
  - **Description:** Lie on your back, knees bent, band above knees. Bridge hips up and hold, then perform 12 clamshell reps (opening knees outward against resistance), with a slow 4-second lowering phase.
- **GLUTE BRIDGE & ANKLE DORSIFLEXION (ACTIVATION COMPLEX)**
  - **Description:** Standard floor glute bridge with a band option above the knees, and a seated ankle dorsiflexion pull against a resistance band. Perform with a controlled 4/2/1 tempo.

### **SECTION 4: INTEGRATE (Dynamic Strength)**

- **DYNAMIC SQUAT COMPLEX (PART 1 & PART 2)**
  - **Part 1: Weighted Squats.** (Goblet or dumbbell hold at chest, heels elevated). Deep squat, bracing core. Tracking knees over toes. Push knees out.
  - **Part 2: Bodyweight Pulse Squats.** Drop to the bottom of your squat and perform small, continuous pulses (about 3-4 inches) without coming to a full stand. Focus on constant tension.
- **SQUAT COMPLEX (PART 1 & PART 2)**
  - **Part 1: Heel-Elevated Squats.** (Goblet dumbbell hold, heels on wedges). Perform full squats.
  - **Part 2: Bodyweight Pulse Squats.** (Same description as above). Constant quad tension.
- **SQUAT & PRESS COMPLEX (PART 1 & PART 2)**
  - **Part 1: Squat with Overhead Press.** Combine a full squat with a dumbbell press. Squat down with weights at shoulders, then push vertically with legs and arms simultaneously as you stand. Use full range.
  - **Part 2: Standing Overhead Press.** Stand tall, core braced. Press dumbbells vertically over your head in a controlled motion, maintaining a strict vertical bar path. No leg drive.
- **HORIZONTAL PRESS COMPLEX (PART 1 & PART 2)**
  - **Part 1: Bench Press.** Use barbells, dumbbells, or kettlebells. Lie flat on a bench, squeeze shoulder blades, lower weight under control to mid-chest, and press back

- up. Focus on form over locking back.
  - **Part 2: Volume Push-Ups.** Target high volume reps, maintaining a rigid head-to-heel line. Modification: hands on wall.
- **LAT & ARM COMPLEX (PART 1 & PART 2)**
  - **Part 1: Incline Dumbbell Rows.** Lie face down on an incline bench holding dumbbells. Perform rows, bringing elbows to sides and squeezing shoulder blades. Modification: Use band.
  - **Part 2: Triceps Rope Pushdowns.** Seated (or standing), holding a band/rope attachment at chest height. Focus on pure triceps isolation, pushing down against resistance without rotating the wrist or shrugging. (Combines Incline Dumbbell Row with Triceps Pushdown).
- **SQUAT MOVEMENT COMPLEX (PART 1 & PART 2)**
  - **Part 1: Total Body Full Squats.** Perform a full, weighted squat (barbell or dumbbell). Braced core. Tracking knees over toes. Drive up smoothly from the bottom.
  - **Part 2: Wide-to-Narrow Base Squats.** Alternate foot placement between reps or sets to shift focus across the lower body. Wide stance targets inner thighs; narrow targets outer chain. Continuous tension and control. (Can be performed bodyweight).