

|| FI PALOOZA5K ||TM

Suggested Warm-Up/Cool-Down for Stabilization Level

Warm-Up Components:

- Self-myofascial release (30 seconds for each muscle)
- Static stretching (30 seconds for each muscle)
- Cardiorespiratory exercise (5 – 10 minutes)

Foam Roller Stretches for Myofascial Release

GASTROCNEMIUS/SOLEUS (CALVES)



Preparation

1. Place foam roll under mid-calf.
2. Cross left leg over right leg to increase pressure (optional).

Movement

3. Slowly roll calf area to find the most tender spot.
4. Once identified, hold tender spot until the discomfort is reduced (minimum 30 seconds).

TENSOR FASCIA LATAE (TFL)/ILIOTIBIAL (IT) BAND



Preparation

1. Lie on one side, the foam roll just in front of the hip. Cross the top leg over lower leg, with foot touching the floor.
2. Cross left leg over right leg to increase pressure (optional).

Movement

3. Slowly roll from hip joint to lateral knee to find the most tender spot.
4. Once identified, hold the tender spot until the discomfort is reduced (minimum 30 seconds).

ADDUCTORS



Preparation

1. Lie prone with one thigh flexed and abducted and the foam roll in the groin region, inside the upper thigh.

Movement

2. Slowly roll the inner thigh area to find the most tender spot.
3. Once identified, hold the tender spot until the discomfort is reduced (minimum 30 seconds).

LATISSIMUS DORSI



Preparation

1. Lie on the floor on one side with the arm closest to the floor outstretched and thumb facing upward.
2. Place the foam roll under the arm.

Movement

3. Slowly move back and forth to find the most tender spot.
4. Once identified, hold the tender spot until the discomfort is reduced (minimum 30 seconds).

Static Stretches

Static Stretches

STATIC GASTROCNEMIUS STRETCH



Preparation

1. Stand facing a wall or stable object.
2. Extend one leg back, keeping the knee and foot straight and the back heel on the floor.

Movement

3. Draw navel inward.
4. Keep rear foot flat, with foot pointed straight ahead. **Do not allow the rear foot to flatten.**
5. Bend arms and lean forward toward the wall. Keep the gluteal muscles and quadriceps tight and the heel on the ground.
6. Hold for 30 seconds.

TECHNIQUE Make sure the gluteal muscles and quadriceps are activated to keep the knee in full extension. This will enhance the stretch to the gastrocnemius.

STATIC STANDING ADDUCTOR STRETCH



Preparation

1. Stand in a straddled stance with the feet beyond shoulders-width apart. Extend one leg back until the toe of the back leg is in line with the heel of the other foot. Both feet should be pointed straight ahead.

Movement

2. Draw navel inward and posteriorly rotate the pelvis.
3. Slowly move in a sideways motion (side lunge) until a stretch in the straight leg's groin area is felt.
4. Hold for 30 seconds.

TECHNIQUE Be sure to take a wider stance than shoulders-width apart to ensure optimal lengthening. This stretch can also be performed from a kneeling position or seated on a stability ball to reduce demand caused by maintaining a static lunge position.

STATIC STANDING TFL STRETCH

**Preparation**

1. Stand in a staggered stance with the front leg slightly bent and rear leg straight.
2. Externally rotate back leg.

Movement

3. Draw navel inward.
4. Squeeze gluteal muscles while rotating pelvis posteriorly.
5. Slowly move body forward until a mild tension is achieved in the front of the hip being stretched.
6. As a progression, raise the arm (on the same side as the back leg) up and over to the opposite side while maintaining pelvis position.
7. Hold side bend position and slowly rotate posteriorly as illustrated.
8. Hold for 30 seconds.
9. Switch sides and repeat.

TECHNIQUE

Make sure the gluteal musculature is contracted during the stretch. This will help reciprocally inhibit the TFL, allowing for greater lengthening of the TFL.

STATIC LATISSIMUS DORSI BALL STRETCH

**Preparation**

1. Kneel in front of a stability ball.
2. Place one arm on ball, with thumb pointed straight up in the air.

Movement

3. Draw navel upward.
4. Posteriorly rotate the pelvis.
5. Slowly reach the arm straight out by rolling the ball forward.
6. Hold for 30 seconds.

TECHNIQUE

If this stretch causes any pinching in the shoulder, perform the stretch with the palm down on the ball. To increase the stretch, slightly adduct the outstretched arm across the body.

Cardiorespiratory Exercise

Treadmill

Stationary bicycle

StairClimber

Rower

Elliptical trainer

Cool-Down Components:

- Cardiorespiratory exercise (5 – 10 minutes)
- Self-myofascial release (30 seconds for each muscle)
- Static stretching (30 seconds for each muscle)

Reference

Clark, M. A., Lucett, S. C., & Sutton, B. G. (2012). *NASM essentials of personal fitness training – 4th edition*. Baltimore, MD: Lippincott Williams & Wilkins.