

## TOTAL BODY • ACHES AND PAINS • FLEXIBILITY

The Regeneration sessions will help you balance the work you put into your training sessions with movements designed to help your body recover efficiently. Think of it as keeping your body ready to face the demands of your next bout of training.

Movements in these sessions focus on soft tissue self-massage utilizing a foam roll and trigger point ball, as well as flexibility routines. These strategies will help you rebalance the length and tension of your muscles, break up knots and reduce stiffness, and increase circulation to flush your system and re-energize your body.

### WORKOUT EMPHASIS AND DURATION:

There are six sample Regeneration sessions, each with a unique focus.

#### Total-Body Regeneration – 20 minutes

This session uses self-massage strategies to address the quality of your muscle tissue throughout your entire body, from head to toe. A great way to finish a tough workout, you'll want to do this after every training session once you experience the benefits of giving your muscles a massage. You'll feel better afterwards, limit post-workout soreness, and encourage your body to recover faster from training.

#### Targeted Relief of Aches and Pain - 10 minutes each

(Hip and Knee Pain, Lower Back and Hip Pain, Shoulder and Neck Pain)

These sessions use targeted self-massage strategies to relieve tension in your muscles and remove stress from problem areas that cause your aches and pain. These targeted problem areas include: (i) Hip and Knee Pain, (ii) Lower Back and Hip Pain, and (iii) Shoulder and Neck Pain. In addition to alleviating pain, these routines will help you move better and help reduce your risk for further pain or injury.

#### Flexibility Focus – 5 minutes each

These two sessions include fundamental flexibility moves. You'll need a stretch strap for one session, but no equipment for the other routine.

Both sessions help rebalance your body, prevent stiffness and tension, and restore the proper length in your muscles required to perform your best.

### HOW TO SET UP YOUR SCHEDULE:

Regeneration sessions can be incorporated almost anywhere in your schedule to provide a variety of benefits to your training.

#### Before Training

- Used prior to your scheduled workout, Regeneration sessions that focus on self-massage strategies help prime your body for activity by releasing tension, increasing circulation, and helping activate, or turn on, key stabilizing muscles used in your workout.

#### Post-Training

- Used after your workout, Regeneration helps flush your system of any lactic acid built up from your training session. It also reinforces the optimal length and tension of your muscles, helping to reduce post-workout stiffness.

#### Recovery Days

- During your scheduled recovery days, doing the Regeneration sessions is a great way to actively recover and prepare your body for your next training session.

#### Daily Routines

- Another great way to add Regeneration sessions to your schedule is to find a small window of time during your day. Spending 10 minutes for regeneration each morning when you wake up, for example, or 10 minutes before bed helps reinforce the balance your body needs to function optimally.

### TRAINING EQUIPMENT:

The equipment used in these Regeneration sessions may include:

Foam Roller

Trigger Point Ball

Stretch Strap

# REGENERATION

TOTAL BODY REGENERATION - 20 MINUTE SESSION  
(SPEND 30-60 SECONDS EACH MOVEMENT)

1

TRIGGER POINT - ARCH



7

FOAM ROLL - HAMSTRINGS



2

TRIGGER POINT - TIBIALIS ANTERIOR



8

FOAM ROLL - QUADRICEPS



3

TRIGGER POINT - VMO



9

FOAM ROLL - ADDUCTORS



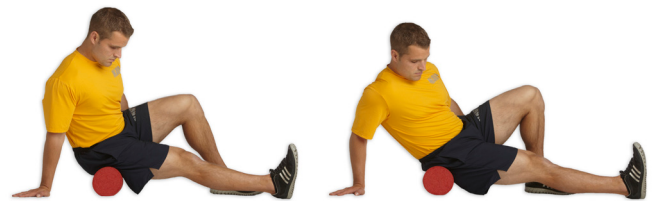
4

TRIGGER POINT - IT BAND



10

FOAM ROLL - GLUTE MAX



5

TRIGGER POINT - PIRIFORMIS



11

FOAM ROLL - LAT



6

TRIGGER POINT - THORACIC SPINE



12

FOAM ROLL - MID TO UPPER BACK



# REGENERATION

**TOTAL BODY REGENERATION - 20 MINUTE SESSION**  
(SPEND 30-60 SECONDS EACH MOVEMENT)

## 1 TRIGGER POINT - ARCH

- Stand with shoes off and one foot on a trigger ball (tennis ball, for example)
- Roll the ball along the arch of the foot, holding on any sore spots
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

## 2 TRIGGER POINT - TIBIALIS ANTERIOR

- Sit with your knees bent, pressing a trigger ball (tennis ball, for example) up against your shin with your hand
- Adjust your position until you find a sore point
- Holding pressure on this spot, rotate your ankle both clockwise and counter-clockwise, and pull and push your toes toward and away from your shin
- Re-adjust your position and repeat the movement on any sore spots you find
- Complete the set on one side before repeating on the other leg

## 3 TRIGGER POINT - VMO

- Lie facedown supported on forearms with trigger ball (tennis ball, for example) under thigh just above inside of the knee
- Adjust until you find a sore spot, hold, and slowly bend and straighten knee
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

## 4 TRIGGER POINT - IT BAND

- Lie on your side with a trigger ball (tennis ball, for example) under your IT Band (side of your leg)
- Adjust until you find a sore spot, hold, and slowly bend and extend knee
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

## 5 TRIGGER POINT - PIRIFORMIS

- Sit with a trigger ball (tennis ball, for example) under outside of one glute, same leg crossed over the knee
- Adjust the ball until you find a sore spot and hold pressure
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

## 6 TRIGGER POINT - THORACIC SPINE

- Lie face up with two tennis balls taped together under your spine, just above low back, hands behind head
- Perform 3 crunches, then raise arms straight over chest
- Alternate reaching each arm overhead for 3 reps each
- Move balls up the spine 1 to 2 inches and repeat pattern until they are below base of the neck

## 7 FOAM ROLL - HAMSTRINGS

- Sit with straight legs, one crossed over the other, foam roll under the bottom leg thigh
- Supporting weight with hands and foam roll, roll from your knee to the top of your thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

## 8 FOAM ROLL - QUADRICEPS

- Lie facedown on the ground with a foam roll under one thigh
- Support weight with forearms and foot of the opposite leg and roll along the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

## 9 FOAM ROLL - ADDUCTORS

- Lie facedown with foam roll under inside of one thigh, other leg out to the side
- Roll along the inside of thigh, from pelvis to knee
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

## 10 FOAM ROLL - GLUTE MAX

- Sit on a foam roll with weight shifted to one side, hands and feet on the floor
- Roll from top of the back of the thigh to the lower back
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

## 11 FOAM ROLL - LAT

- Lie on your side with a foam roll under your armpit
- Roll along your side to lower back and back up to your armpit
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

## 12 FOAM ROLL - MID TO UPPER BACK

- Lie face up with a foam roll under mid back and hands behind your head
- Support your weight with your feet and the foam roll
- Roll from the middle of your back to shoulders
- Spend more time rolling on any sore spots you find

# REGENERATION

TARGETED RELIEF OF ACHEs AND PAIN - 10 MINUTE SESSIONS  
(SPEND 30-60 SECONDS EACH MOVEMENT)

## HIP & KNEE PAIN

### 1 TRIGGER POINT - PIRIFORMIS



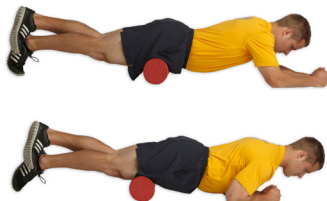
### 2 TRIGGER POINT - TFL



### 3 FOAM ROLL - IT BAND



### 4 FOAM ROLL - QUADRICEPS



### 5 FOAM ROLL - ADDUCTORS



### 6 FOAM ROLL - HAMSTRINGS



## UPPER BACK & SHOULDER PAIN

### 1 TRIGGER POINT - THORACIC SPINE



### 2 TRIGGER POINT - SIDELYING SHOULDER



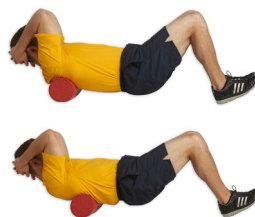
### 3 TRIGGER POINT - CHEST



### 4 FOAM ROLL - LAT



### 5 FOAM ROLL - MID TO UPPER BACK



### 6 FOAM ROLL - LOWER BACK & QL



## LOW BACK PAIN

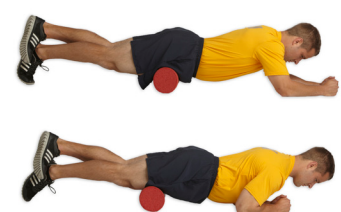
### 1 TRIGGER POINT - PIRIFORMIS



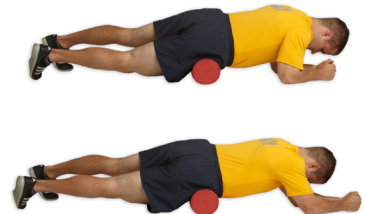
### 2 FOAM ROLL - HAMSTRINGS



### 3 FOAM ROLL - QUADRICEPS



### 4 FOAM ROLL - TFL



### 5 FOAM ROLL - LAT



### 6 FOAM ROLL - LOWER BACK & QL



# REGENERATION

TARGETED RELIEF OF ACHES AND PAIN - 10 MINUTE SESSIONS  
(SPEND 30-60 SECONDS EACH MOVEMENT)

## HIP & KNEE PAIN

### 1 TRIGGER POINT - PIRIFORMIS

- Sit with a trigger ball (tennis ball, for example) under outside of one glute, same leg crossed over the knee
- Adjust the ball until you find a sore spot and hold pressure
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 2 TRIGGER POINT - TFL

- Lie facedown supported on forearms with trigger ball (tennis ball, for example) under one hip
- Roll along front of the hip and slightly outside upper thigh
- Hold on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 3 FOAM ROLL - IT BAND

- Lie on your side with a trigger ball (tennis ball, for example) under your IT Band (side of your leg)
- Adjust until you find a sore spot, hold, and slowly bend and extend knee
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 4 FOAM ROLL - QUADRICEPS

- Lie facedown on the ground with a foam roll under one thigh
- Support weight with forearms and foot of the opposite leg and roll along the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

### 5 FOAM ROLL - ADDUCTORS

- Lie facedown with foam roll under inside of one thigh, other leg out to the side
- Roll along the inside of thigh, from pelvis to knee
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

### 6 FOAM ROLL - HAMSTRINGS

- Sit with straight legs, one crossed over the other, foam roll under the bottom leg thigh
- Supporting weight with hands and foam roll, roll from your knee to the top of your thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

## UPPER BACK & SHOULDER PAIN

### 1 TRIGGER POINT - THORACIC SPINE

- Lie face up with two tennis balls taped together under your spine, just above low back, hands behind head
- Perform 3 crunches, then raise arms straight over chest
- Alternate reaching each arm overhead for 3 reps each
- Move balls up the spine 1 to 2 inches and repeat pattern until they are below base of the neck

### 2 TRIGGER POINT - SIDELYING SHOULDER

- Lie on your side with bottom arm perpendicular to torso and bent 90 degrees, a trigger ball (tennis ball, for example) under bottom shoulder
- Adjust until you find a sore spot, hold, and rotate bottom arm toward ground, assisting with opposite hand
- Relax and return to the starting position
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 3 TRIGGER POINT - CHEST

- Lie face up and press a trigger ball (tennis ball, for example) against chest above the armpit with opposite hand
- Adjust until you find a sore spot, hold, and slide free hand overhead up and down
- Re-adjust position and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 4 FOAM ROLL - LAT

- Lie on your side with a foam roll under your armpit
- Roll along your side to lower back and back up to your armpit
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

### 5 FOAM ROLL - MID TO UPPER BACK

- Lie face up with a foam roll under mid back and hands behind your head
- Support your weight with your feet and the foam roll
- Roll from the middle of your back to shoulders
- Spend more time rolling on any sore spots you find

### 6 FOAM ROLL - LOWER BACK & QL

- Lie on your side with a foam roll under the side of your lower back
- Roll along the side of your torso, from just below the rib cage to top of the pelvis
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

## LOW BACK PAIN

### 1 TRIGGER POINT - PIRIFORMIS

- Sit with a trigger ball (tennis ball, for example) under outside of one glute, same leg crossed over the knee
- Adjust the ball until you find a sore spot and hold pressure
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

### 2 FOAM ROLL - HAMSTRINGS

- Sit with straight legs, one crossed over the other, foam roll under the bottom leg thigh
- Supporting weight with hands and foam roll, roll from your knee to the top of your thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

### 3 FOAM ROLL - QUADRICEPS

- Lie facedown on the ground with a foam roll under one thigh
- Support weight with forearms and foot of the opposite leg and roll along the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

### 4 FOAM ROLL - TFL

- Lie facedown with a foam roll under one hip
- Support weight with forearms and foot of the opposite leg and roll along the side of the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

### 5 FOAM ROLL - LAT

- Lie on your side with a foam roll under your armpit
- Roll along your side to lower back and back up to your armpit
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

### 6 FOAM ROLL - LOWER BACK & QL

- Lie on your side with a foam roll under the side of your lower back
- Roll along the side of your torso, from just below the rib cage to top of the pelvis
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

# REGENERATION

FLEXIBILITY FOCUS - 10 MINUTE SESSIONS  
10 REPS (2 SECOND HOLD EACH)

## FLEXIBILITY - STRAP

1

### CALF STRETCH (STRAP)



2

### STRAIGHT LEG HAMSTRING STRETCH (STRAP)



3

### ADDUCTOR STRETCH (STRAP)



4

### ABDUCTOR STRETCH (STRAP)



5

### QUAD STRETCH (STRAP)



6

### SHOULDER/TRICEPS STRETCH (STRAP)



## FLEXIBILITY - NO EQUIPMENT

1

### BENT KNEE HAMSTRING STRETCH



2

### KNEE HUG - SUPINE



3

### LEG CRADLE - SUPINE



4

### QUAD/HIP FLEXOR STRETCH - 1/2 KNEELING



5

### TRICEPS STRETCH



6

### 90/90 STRETCH - W/ ARM SWEEP



## FLEXIBILITY - STRETCH STRAP

### 1 CALF STRETCH (STRAP)

- Lie on back with stretch strap wrapped around right foot & leg raised 45 degrees in the air
- Actively pull your right foot to your shin & then give assistance with the rope
- Exhale during the stretch. Actively pull your foot to your shin even when assisting with the strap
- Complete reps, repeat on opposite side

### 2 STRAIGHT LEG HAMSTRING STRETCH (STRAP)

- Keep right leg straight, actively raise it, then give gentle assistance with stretch strap until you feel a stretch
- Keep opposite leg on ground by pushing heel far away from your head as possible
- Contract your glute. Pull the strap above your head
- Complete reps, repeat on opposite side

### 3 ADDUCTOR STRETCH (STRAP)

- Wrap the stretch strap around foot & inside of lower leg
- Actively raise leg out to the side, gently assist with strap until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

### 4 ABDUCTOR STRETCH (STRAP)

- Wrap the stretch strap around foot & outside of leg
- Actively raise leg across body, gently assist with strap until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

### 5 QUAD STRETCH (STRAP)

- Lie on your stomach with a stretch strap wrapped around one foot
- Actively bend knee, gently assist with stretch strap until you feel a stretch
- Contract the glute on the leg that is being stretched. Keep your back flat & torso engaged during the stretch
- Complete reps, repeat on opposite side

### 6 SHOULDER/TRICEPS STRETCH (STRAP)

- Hold the stretch strap behind head with one hand reaching over and one hand reaching under
- Actively reach top hand down back, gently assist by pulling strap with bottom hand
- Next, actively reach bottom hand up, gently assist by pulling rope with top hand
- Complete reps, repeat on opposite side

## FLEXIBILITY - NO EQUIPMENT

### 1 BENT KNEE HAMSTRING STRETCH

- Pull knee to chest, grasping behind the knee with both hands
- Actively straighten knee, gently assist with hands until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

### 2 KNEE HUG – SUPINE

- Actively lift knee to your chest, gently assist by grabbing the knee & pulling it closer to chest
- Exhale & hold the stretch for 2 seconds, then return to the starting position
- Keep your non stretching leg flat on the floor by pushing the bottom of your heel away from your head
- Complete reps, repeat on opposite side

### 3 LEG CRADLE – SUPINE

- Actively lift knee to your chest, placing one hand on knee & one under ankle
- Pull leg to chest with both hands into a gentle stretch
- During the movement, contract the glute of the leg that's on the ground
- Complete reps, repeat on opposite side

### 4 QUAD/HIP FLEXOR STRETCH - 1/2 KNEELING

- Keep a slightly forward lean in torso, engage torso & contract the glute of your back leg
- Maintain posture, shift body slightly forward. Exhale & hold the stretch for 2 seconds
- Avoid excessive arching in your lower back
- Complete reps, repeat on opposite side

### 5 TRICEPS STRETCH

- Lift one arm up over head & reach hand down your back, gently assist with opposite hand
- Exhale & hold for 2 seconds, then relax & repeat
- Keep your back flat & torso engaged throughout the stretch
- Complete reps, repeat on opposite side

### 6 90/90 STRETCH – W/ ARM SWEEP

- Lie with left knee bent 90°, your right leg crossed over the left
- Roll onto left side with knee and the deck
- Keep hips still, rotate chest & sweep with long arm – palm up, bending your elbow at the end reaching for your back pocket – palm down. Hold 2 sec
- You should feel a stretch through your torso, mid/upper back, chest & shoulder
- Complete reps, repeat on opposite side