**Lab #4**

**Self-Myofascial Release**

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| --- | --- | --- | --- | --- | --- | --- |
| **Foam Roll** | | **Repetitions** | | **Duration** | **Notes** | |
| Calves | | 1 each side | | 30 seconds | Hold tender spot | |
| Hamstring | | 1 each side | | 30 seconds | Hold tender spot | |
| Quadriceps | | 1 each side | | 30 seconds | Hold tender spot | |
| Inner Thigh | | 1 each side | | 30 seconds | Hold tender spot | |
| Hip Flexor/IT Band | | 1 each side | | 30 seconds | Hold tender spot | |
| Glutes | | 1 each side | | 30 seconds | Hold tender spot | |
| Latissimus Dorsi | | 1 each side | | 30 seconds | Hold tender spot | |
| Lower Back | |  | | 30 seconds | Hold tender spot | |
|  | | | | | | |
| **Calves**  Beginners- keep butt on ground  Advanced- lift butt off ground and cross legs  A1 | **Hamstring**  Beginners- keep one foot on ground  Advanced- lift both feet off ground and cross legs  [http://ts1.mm.bing.net/th?id=H.4987746320058080&pid=15.1](http://images.search.yahoo.com/images/view;_ylt=A0PDoKuAGrZQPkgAjh2JzbkF;_ylu=X3oDMTBlMTQ4cGxyBHNlYwNzcgRzbGsDaW1n?back=http://images.search.yahoo.com/search/images?p=NASM+foam+rolling+hamstring&n=30&ei=utf-8&fr=yfp-t-701&tab=organic&ri=2&w=210&h=140&imgurl=fitness.sharecare.com/uploadedimages/Secure/Library/Exercise_Library/images/Foam_Roll_Hamstring_F_Start.jpg&rurl=http://fitness.sharecare.com/library/exercise.aspx?id=7041&size=16.7+KB&name=Sharecare+Pro+|+Foam+Roll:+Hamstrings&p=NASM+foam+rolling+hamstring&oid=d31ae13aa4a6fe27b3a0578053c59730&fr2=&fr=yfp-t-701&tt=Sharecare+Pro+|+Foam+Roll:+Hamstrings&b=0&ni=56&no=2&ts=&tab=organic&sigr=11qkchhac&sigb=13m6pbaob&sigi=13b8dao40&.crumb=tJyzX1ysfPF) | | **Quadriceps**  Beginners- keep one foot on ground  Advanced- lift both feet off ground and cross legs  [http://ts2.mm.bing.net/th?id=I.4704879801141229&pid=15.1](http://images.search.yahoo.com/images/view;_ylt=A0PDoKvLGrZQMx0AvO.JzbkF;_ylu=X3oDMTBlMTQ4cGxyBHNlYwNzcgRzbGsDaW1n?back=http://images.search.yahoo.com/search/images?p=foam+rolling+quadriceps&n=30&ei=utf-8&fr=yfp-t-701&tab=organic&ri=1&w=650&h=365&imgurl=stuffabout.me/wp-content/uploads/2011/12/Foam-Roller-Quad2.png&rurl=http://stuffabout.me/?tag=foam-rollers&size=175.2+KB&name=quadriceps+lie+face+down+with+the+foam+roller+under+your+right+thigh+...&p=foam+rolling+quadriceps&oid=ed02a33c59a21e932a1c442b1360793b&fr2=&fr=yfp-t-701&tt=quadriceps+lie+face+down+with+the+foam+roller+under+your+right+thigh+...&b=0&ni=21&no=1&ts=&tab=organic&sigr=116eucfum&sigb=13igppdse&sigi=11un42efo&.crumb=tJyzX1ysfPF) | | | **Inner Thigh**  Beginners- allow opposite knee to rest on floor  Advance- keep opposite knee off floor  A3 |
| **Hip Flexor/IT Band**  It’s important to relax during this stretch. It may be tender.  A2 | **Glutes**  One side should be on the foam roller at a time  [http://ts4.mm.bing.net/th?id=H.4547211554129459&pid=15.1](http://images.search.yahoo.com/images/view;_ylt=A0PDoQysGLZQ5B0Av0WJzbkF;_ylu=X3oDMTBlMTQ4cGxyBHNlYwNzcgRzbGsDaW1n?back=http://images.search.yahoo.com/search/images?p=foam+rolling+hamstring&n=30&ei=utf-8&fr=yfp-t-701&tab=organic&ri=71&w=318&h=233&imgurl=knoji.com/images/user/thecubsfan/run3-eb20353c.jpg&rurl=http://wellness1.knoji.com/the-importance-of-foam-rolling/&size=35.6+KB&name=The+Importance+of+Foam+Rolling&p=foam+rolling+hamstring&oid=451b3cb0e1aa654acb26027dad06a0fa&fr2=&fr=yfp-t-701&tt=The+Importance+of+Foam+Rolling&b=61&ni=56&no=71&ts=&tab=organic&sigr=11qgm0km5&sigb=13isfsbo3&sigi=11imo523v&.crumb=tJyzX1ysfPF) | | **Latissimus Dorsi**  Be sure to point the thumb straight up towards the ceiling  A4 | | | **Lower Back**  Start slowly and relax your shoulders to the ground.  [http://ts2.mm.bing.net/th?id=I.4666886498092725&pid=15.1](http://images.search.yahoo.com/images/view;_ylt=A0PDoQ4QHLZQ1H0AL8qJzbkF;_ylu=X3oDMTBlMTQ4cGxyBHNlYwNzcgRzbGsDaW1n?back=http://images.search.yahoo.com/search/images?p=foam+rolling+back&n=30&ei=utf-8&fr=yfp-t-701&tab=organic&ri=252&w=314&h=161&imgurl=www.nasm.org/uploadedImages/1/HFPN/Articles/smrthoracisspine.jpg&rurl=http://askthefitnessbuilder.wordpress.com/2011/07/16/what-are-corrective-exercise-for-back-pain/&size=10.2+KB&name=...+floor+with+the+foam+roll+placed+behind+your+upper+back+place+your+arms&p=foam+rolling+back&oid=66a0f7b457b47056fe4d72ec36fd1ae3&fr2=&fr=yfp-t-701&tt=...+floor+with+the+foam+roll+placed+behind+your+upper+back+place+your+arms&b=241&ni=56&no=252&ts=&tab=organic&sigr=130f08uqf&sigb=13e0461vn&sigi=120cjhu23&.crumb=tJyzX1ysfPF) |

**Lab #4**

**Resistance Training**

Perform all exercises for 1 set, 12 reps at a slow tempo

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| **Total Body** | **Chest** | **Back** | **Shoulders** | **Legs** |
| **Squat to Row**  Progressions:   * Alternating arms * One arm * One arm w/trunk rotation * On one leg   A1a  A1b | **Push-up**  Progressions:   * Stagger hand position * Place one hand on medicine ball * Feet on stability ball * Hands on stability ball   B1 | **Floor Cobra**  Be sure to retract and depress scapula and point thumb in the air  Progressions:   * Alternating arms * One arm * One arm w/trunk rotation * On stability ball   C1 | **Cable Abduction**  Progressions:   * Alternating arms * One arm * One arm w/rotation * On one leg   (Place middle of tubing under feet)  D1 | **Single-Leg Squat**  Squat as far as can be safely controlled  Progressions:   * Add resistance * Add balance modality such as ½ foam roll, airex pad or dyna disc.   E1 |
| **Squat Curl to Press**  Progressions:   * Alternating arms * One arm * Stand on balance modality On one leg   (Place middle of tubing under feet)  A2aA2b  A2c | **Standing Cable Press**  Progressions:   * Alternating arms * One arm * One arm w/trunk rotation * On one leg   B2 | **Cable Row**  Progressions:   * Alternating arms * One arm * One arm w/trunk rotation * On one leg   C2 | **Standing Cable Shoulder Press**  Progressions:   * Alternating arms * One arm * One arm w/trunk rotation * On one leg   (Place middle of tubing under feet)  D2 | **Lunges**  E2a  Progressions:   * Side to side lunges   E2b   * Turning lunges   E2c   * Add balance modality * Add resistance |