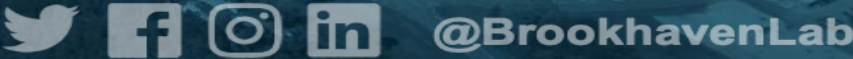




Workday Regeneration Manual

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Congratulations on taking your first step towards your Fitness goals!

Within this manual you will find information to help you feel and move better through out your day.

This Regeneration Manual Includes:

- Dynamic Warm up Manual for workday preparation or pre workouts
- Recovery Protocols for Post workdays and post workouts
- A Guide to your own personal corrective Static Stretching and self massage

Over the past years I have worked in every setting that a Strength and Conditioning Coach can work in. The College level, Semi-Professional, Professional in 2 different sports, High school athletes, Youth Athletes, and I also work with weight loss clients as well!

This Manual is a combination of all of these experiences, bringing you the most beneficial movements for you to accomplish.

The final ingredient is up to YOU.

Consistency is the key factor. Something each day is better then nothing at all.

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Warm Up: Dynamic Movement Preparation

When we first wake up in the morning each of our muscle groups are turned off until we create an action that requires the fibers to be “switched” on. Until that happens a lot of your larger muscles will overcompensate during movements because the smaller ones haven’t been activated and aren’t doing their job to assist in the movements of life.

Problems like this lead to over worked muscles becoming too tight or burnt out which lead us to feel pain or causes **injury**.

The warmup routine will allow your muscles to be activated and functioning properly for all of your work or workout demands. The dynamic exercises range from prehab exercises designed to activate and strengthen commonly weak and underused muscles to movement preparation exercises that seek to dynamically increase muscle flexibility and joint mobility.

The Purpose of The Pre-Workout Routine:

- To stimulate the nervous system, promote blood flow to your working muscles, increase reaction time, increase your body temperature.
- Activate all the muscles in your body to reduce inefficient movements through your core, eliminating micro trauma.
- Exaggerate asymmetries between sides your body, while addressing mobility and flexibility issues

Dynamic Warm Up Protocol

Start: Heart Rate Spike

Choose 1:

- 50 Any Style of Jumping Jacks (Page 5)
- 50 In Place Hops
- 50 Jump Rope
- 50 High Knee In place runs

Dynamic Stretch Routine

*Perform each exercise
5-10 repetitions per limb

*Complete 2-5 rounds for
a beginner style workout

- Shoulder Slaps (Page 6)
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Jumping Jacks



Start with arms at your sides and your feet about hip-width apart (or slightly closer)

- Simultaneously reach arms overhead and jump your legs out to the side while staying on the balls of your feet
- Immediately return to the starting position and repeat

Running Man Jacks



Start in a split stance with your left leg and right arm forward - Simultaneously switch arms and legs by jacking your right leg and left arm forward - Immediately return to the starting position and repeat for time - Focus on reciprocal upper/lower body action: opposite arm-leg movement

Arm Swings



Maintain a tall posture, stomach muscles should be braces

Swing one arm over head while you swing the other back behind you

Be sure to keep both arms on their respected side of their body

Shoulder Slaps



We all earn this one throughout the day right? Give yourself a hug!

Pinch your shoulderblades together and keep your hands at shoulder hieght as you spread your arms apart

Knee Pulls



Maintaining a tall posture, first raise your knee straight up towards your chest.

Then grab your knee and pull towards your shoulder, keeping both feet pointed straight ahead.

Your leg on the ground should have a flexed glute and hamstring!

Heel Pull



Maintaining a tall posture, Bring your heel straight up towards your butt , THEN reach for your ankle and pull towards your butt

Your stance leg should be braced while you slightly thrust your hips forward

Cradle Stretch



Maintain a tall posture while you first bring your heel towards your opposite hip.

Grab your ankle and knee for support and slightly pull towards your chest.

Your leg on the ground should have a flexed glute and hamstring!

Lunge with Reach



Take a large step forward keeping both feet pointed straight ahead, Sink your hips towards the ground, keeping most of your weight on your front foot. Reach up towards the sky and squeeze the glute in your back leg.

Lunge with Roatation



Lunge w/ Rotation: Reach over your knee that is in front of your body, attempting to touch your foot behind you. Keep a tall posture, while reach your opposite arm to the sky.

Side Lunge



Step out to the side keeping your toes pointed straight ahead and feet flat. Squat by sitting back and down onto your lead leg, keeping your opposite leg straight
Feet stay flat throughout the exercise while your weight stays on your heel.
Chest stays up by keeping your core activated

Spider Man



Take a large step out in front of you while keeping both feet straight, (back toe into the ground). Drop the elbow on the side of your body in which you stepped out. Your opposite hand should be placed on the ground next to you for balance. Make sure to keep your back leg extended! (Don't let your knee touch the ground)

Inchworms



Begin in a push up position. While keeping your legs straight, slowly tip toe your feet towards your hands. Once you cannot tip toe any further while your legs remain straight, walk your hands back out in front of you into a push up position. Drop your hips towards the ground but squeezing your butt and look up to the sky.

Leg Swings



Forwards and Backwards

- Balance on 1 leg while you swing your opposite leg straight forward and straight back behind you.
- Be sure to keep your foot straight
- Lead with your heel during the back swing
- Only swing your leg as high as you can while keeping it straight

Leg Swing (Side)



Side to side

- Hold on to something in front of you
- Swing your leg across your body while maintaining good posture
- Keep your foot pointed straight as your swing across

Regeneration

Regeneration is the repair of muscle tissue and cells.

It is the most critical component of training because it allows you to workout harder and more frequently both pain-free and through optimal ranges of motion.

Static Stretch Routine

Hold each stretch for 60-120 seconds 1-3x Each

Hamstring Stretch	Piriformis / Glute Stretch
Groin Stretch	Lat Stretch
Spiderman	Pec Stretch
Hip Flexor Stretch	Shoulder Stretch

Hamstring Bench Stretch



Start with a slightly bent leg (**DO NOT OVER EXTEND & LOCK OUT**).

Find a stable surface and place 1 heel on it, pointed straight to the sky.

Be sure to keep your other foot on the ground straight forwards as well..

Do not bend at your back, keep a tall chest and roll your pelvis forward. Push your hips back and you will get a stretch down the hamstrings and even the calf.

Hip Flexor Stretch



Elevate your back foot onto a stable surface that is at a height you can handle (about waist high is normal)

Once your foot is secure reach up and slightly back behind your head.

Now roll your hips forward so that most of your weight is on the front heel

Spiderman Stretch



Begin by taking a large step on a slight angle. Place your opposite hand on the ground for balance while you drop your elbow to the instep of your lead foot. Extend your back leg by squeezing your glute and hamstring (back of your leg) in order to further the effectiveness.



Piriformis/ Glute Stretch

Begin in a spiderman stretch. Slowly walk your hands to the side of the body where your leg is up.

Tuck Your knee underneath the body so that the knee is in line with the opposite shoulder.

Press your hips to the side of the leg that is up.

Groin Stretch



While kneeling tall with a good posture, Extend 1 leg out to the side of your body with that foot pointing straight ahead.

Slightly Lean towards the extended leg or place a small box to elevate your foot, allowing you to increase the depth of the stretch.

Lat & Shoulder Stretch



Kneeling on the ground, extend your arms far out in front of your body while you lower your upper body towards the ground.
The more you sit your hips to the ground, the more of a stretch you will feel

Shoulder Stretch



Holding to ends of a towel or stick or band bring the object behind your back with your top hand facing you and your bottom hand facing away from you.

Once in position, if you shift your head, slightly forward and towards the arm on top, you will open up your upper trap better

Chest Stretch



Sitting or standing near a solid structure, grab a hold of it at shoulder height.

Slightly turn your shoulders away from the object while keeping your arm straight.

Rollout!? Self Massage

That's Corrective Self-Massage using a foam roller, tennis ball, and/or massage stick. You are in fact giving yourself a massage so if you're a beginner, this could be quite uncomfortable due to tight muscles.

For a lot of people the foam roller won't reach those smaller knots deeper in your muscle; a tennis ball, softball, or lacrosse ball are great options to enhance your "roll out". The smaller, and harder the object you use, the more pressure you will be applying to the area you are rolling (Don't choose a golf ball to start with!)

While you roll, think about applying a stronger roll while moving in the direction towards your heart. This will aid in clearing the metabolic wastes by accelerating your blood flow to the damaged muscles, enhancing the rebuilding process. Spend at least 30-60 seconds on each adhesion/tender spot/trigger point and/or until you feel the target muscle group release.

Rollout Routine

For extremely tight and sore muscle groups, it is ideal to perform longer periods of rolling for 1-5 minutes to speed up the healing process. Perform this post-workout/ work routine for as long as needed or for as long you have time for.

"Butt Cheeks"- Glutes	"Lower Legs"- Calves
"Front Hip and Thigh"- Quads and Hip Flexors	"Upper, Mid, and Lower Back"
"Outer Hip and Thigh"- ITB/TFL	"Armpit Region/Rear Shoulder"- Lats
"Inner Thigh"- Adductors	"Chest/Front Shoulders"- Pecs

Glutes



Cross 1 leg over the other. The leg that is crossed will be the side to place your body weight on while you apply the roller. Target just below where your lower back meets your glutes (butt). If this is too much pressure, you can use the same procedure as the Hamstrings with both legs on the roller.

Quadriceps (Quads)



In a prone position, start with the roller just above your knee on the front of your leg. Roll the entire length of your leg until you reach where your legs meet your torso.



I.T. Band (iliotibial)



Lie on top of the roller so you are on the outside of your knee. Roll the entire side of your leg all the way to the top of your hip (before the oblique starts). This tends to be one of the more uncomfortable ones so try crossing your top leg over so your foot is flat on the floor in front of you. This will take some of your weight off of the roller, making this more manageable.

Hip flexor / Ab/Adductors (Groin region)



Place the roller on a slight angle from your body. Straddle the roller with one of legs, putting the roller on the inside part of your leg just above your knee. Roll the entire length of your leg by moving your body side to side instead of up and down. The roller or tennis ball will end as high up towards your hip as possible

Hamstrings



Start with the roller positioned right above the back of your knee. Roll the entire length of the back of your leg until you reach the area where your glute (butt) begins.



Lats/Posterior Shoulder



****Stay off your spine**

Start with your hands behind your head, leaning to either side of your body, roll from where your neck meets your back, along the side of your back, towards your lower back. Repeat, this time with your elbows touching in front of your body. Just behind & below your arm pit, tend to be hot spots



Calfs/Shins

