

# EXERCISE CHART

## TRIGGER POINT ROLLER



# Active

## WARM UP

### 1. SQUAT WITH OVERHEAD REACH



Stand with your feet shoulder width apart. Sit into a squat, pushing your weight through the heels whilst reaching your arms over your head. Keep your chest up, back straight and core braced. Return to start position and repeat.

### 2. LUNGE WITH ROTATION



Stand with your feet shoulder width apart. Bring your knuckles together at chest height, keeping the elbows lifted. Step one foot forward, dropping the back knee to create a 90° angle. Simultaneously, turn the torso across the front knee before pushing back through the front foot, returning to the start. Repeat on the other side.

### 3. JUMPING JACKS



Stand with feet hip width apart and your arms by your sides. Jump the feet out just wider than the shoulders whilst raising the arms over your head. Jump the feet together and lower the arms by the side of the body before repeating.

## ACTIVATION

### 4. UPPER BACK



Lay on your back with your knees bent. Place the Roller under the middle of the back towards the top of the ribcage. Cross the arms in front of the body, placing hands on shoulders. Push through the legs to roll the Roller down the back and pull through the legs to return to the start. Repeat.

### 5. LOWER BACK



Lay on your back with your knees bent. Place the Roller under your lower back towards the bottom of the ribcage. Place the hands on the floor for support and push through the legs to roll the Roller down the back towards the hips. Pull through the legs to return to the start. Repeat.

### 6. LATS



Lay on your side and extend the bottom leg. Bend the top knee, keeping the foot firmly pressed to the floor. Place the Roller under the armpit and extend the bottom arm. Push through the bent leg to roll the Roller towards the ribcage and pull through the leg to return to the start. Repeat on the other side.

### 7. INNER THIGH



Lay face down, extend one leg and bend the other at the knee. Place the Roller vertically under the thigh of the bent leg and rise onto the elbows. Use the arms to push across, moving the Roller towards the hip. Pull through the arms to return to the start. Repeat on the other side.

### 8. OUTER THIGH



Lay on your side and extend the bottom leg. Bend the top knee keeping the foot firmly pressed to the floor. Place the Roller under the bottom leg below the hip. Support the upper body on the elbow, using the other arm for stability. Push through the bent leg and pull through the arm to move the Roller towards the knee. Push through the arms to return to the start. Repeat on the other side.

### 9. GLUTEALS



Sit on the Roller taking your arms behind for support. Bend one knee keeping the foot pressed firmly to the floor. Cross the opposite foot over the bent knee so that the ankle connects with the knee. Roll the Roller forwards and backwards. Focus on the side where the foot is lifted, tilting the hips if necessary to target all angles of the muscle. Repeat on the other side.



### 10. QUADS



Lay on your front, both legs extended. Place the Roller under one leg below the hip. Supporting the upper body on the elbows, pull through the arms to move the Roller towards the knee. Push through the arms to return to the start. Repeat on the other side.

### 11. HAMSTRINGS



Sit on the floor with one leg extended and the other knee bent. Place the Roller under the upper thigh of the extended leg, just below the hip. With the arms behind the body for support, pull through the arms and push through the bent leg to move the Roller towards the back of the knee. Push through the arms to return to the start. Repeat on the other side.

### 12. SHINS



On all fours, place the Roller under one shin (just above the ankle). Push through the arms moving the Roller towards the knee. Aim to keep the Roller on the muscle to the outside of the shinbone before pulling through the arms to return to the start. Repeat on the other side.

### 13. OUTER LOWER LEG



On all fours, extend one leg and place the Roller under the lower part of the leg (just below the knee). Push through the opposite knee and both arms to turn the torso so the Roller rests against the side of the lower leg. Push through the arms and bend the knee, moving the Roller towards the ankle. Pull through the arms and straighten the leg to return to the start. Repeat on the other side.

### 14. CALVES



Sit on the floor with one leg extended and the other knee bent. Place the Roller under the lower part of the extended leg (just below the knee). With the arms behind the body for support, pull through the arms and push through the bent leg to move the Roller towards the back of the knee. Push through the arms to return to the start. Repeat on the other side.

### 15. HIP FLEXORS



Lay on your side, bottom leg extended and top knee bent (ball of foot firmly pressed to the floor). Place the Roller under the hip. Support the upper body on the elbow, using the other arm for stability. Push through the bent leg and pull through the arm to move the Roller across the hip area, tilting the hips if necessary to hit the all angles of the muscle. Keep rolling with small movements. Repeat on the other side.

### 16. SHOULDER



Lay on your side with both knees bent. Place the Roller under the shoulder (halfway down the upper arm). Using the bottom leg as support, roll the Roller up toward the top of the shoulder and return to start. Repeat on the other side.

### 17. BICEPS



On all fours, extend one arm to the side and place the Roller under the elbow. Keep the palm of the hand facing down. Using the other arm as support, push the arm to move the Roller towards the shoulder. Pull through the arm to return to the start. Repeat on the other side.

### 18. TRICEPS



On all fours, extend one arm in front of the body, placing the Roller under the elbow. Keep the palm of the hand facing up. Using the other arm as support, push the arm to move the Roller towards the shoulder. Pull through the arm to return to the start. Repeat on the other side.

## WORKOUTS

#### WARM UP

4 MINUTES

This warm up is for all workouts.

| Exercise | Repetitions/Time | Orientation |
|----------|------------------|-------------|
| 1        | 20 secs          | N/A         |
| 2        | 20+20 secs       | R+L side    |
| 3        | 20 secs          | N/A         |

Repeat sequence as a circuit x 2

#### LOWER BODY WORKOUT

10 MINUTES

This program prepares the lower body muscles for the work they are about to engage in. This includes walking, running, cycling and lower body resistance training.

| Exercise | Repetitions/Time | Orientation |
|----------|------------------|-------------|
| 9        | 20 secs          | R leg       |
| 11       | 20 secs          | R leg       |
| 8        | 20 secs          | R leg       |
| 10       | 20 secs          | R leg       |
| 7        | 20 secs          | R leg       |
| 15       | 20 secs          | R leg       |
| 12       | 20 secs          | R leg       |
| 13       | 20 secs          | R leg       |
| 14       | 20 secs          | R leg       |

Repeat sequence on the Left Leg

#### UPPER BODY WORKOUT

10 MINUTES

This program prepares the upper body muscles for the work they are about to engage in. This includes upper body resistance training, rowing, cross training and racquet sports.

| Exercise | Repetitions/Time | Orientation |
|----------|------------------|-------------|
| 4        | 20 secs          | N/A         |
| 5        | 20 secs          | N/A         |
| 6        | 20+20 secs       | R+L side    |
| 16       | 20+20 secs       | R+L side    |
| 17       | 20+20 secs       | R+L arm     |
| 18       | 20+20 secs       | R+L arm     |

Repeat the sequence x 1

#### RECOVERY WORKOUT

20 MINUTES

This program uses the Roller to aid muscle recovery after your workout.

| Exercise | Repetitions/Time | Orientation |
|----------|------------------|-------------|
| 9        | 30 secs          | R leg       |
| 15       | 30 secs          | R leg       |
| 9        | 30 secs          | L leg       |
| 15       | 30 secs          | L leg       |
| 5        | 30 secs          | N/A         |
| 4        | 30 secs          | N/A         |
| 6        | 30+30 secs       | R+L side    |
| 16       | 30+30 secs       | R+L side    |
| 12       | 30 secs          | R leg       |
| 13       | 30 secs          | R leg       |
| 14       | 30 secs          | R leg       |
| 12       | 30 secs          | L leg       |
| 13       | 30 secs          | L leg       |
| 14       | 30 secs          | L leg       |

Repeat the sequence x 1

#### MAINTENANCE WORKOUT

30 MINUTES

This program uses the Roller to provide an on-going muscle maintenance program to aid recovery, prevent injury and improve flexibility.

| Exercise | Repetitions/Time | Orientation |
|----------|------------------|-------------|
| 14       | 45 secs          | R leg       |
| 11       | 45 secs          | R leg       |
| 9        | 45 secs          | R leg       |
| 13       | 45 secs          | R leg       |
| 12       | 45 secs          | R leg       |
| 15       | 45 secs          | R leg       |
| 10       | 45 secs          | R leg       |
| 7        | 45 secs          | R leg       |

Repeat sequence on the Left Leg

|    |         |        |
|----|---------|--------|
| 5  | 30 secs | N/A    |
| 4  | 30 secs | N/A    |
| 6  | 30 secs | R side |
| 11 | 30 secs | R side |
| 16 | 30 secs | R side |
| 17 | 30 secs | R arm  |
| 18 | 30 secs | R arm  |

Repeat sequence on the Left Side

“CHANGE comes when you SAY **yes** to yourself”

Every time you do these workouts, you are saying YES to your goals and YES to the person you want to be.

For more tips and exercises or for more on “YESOLOGY”, go to [www.michellebridges.com.au](http://www.michellebridges.com.au)