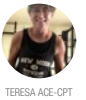




NMF Stability - MYOFASCIAL RELEASE

New Moon Fitness

10min
13cal



TERESA ACE-CPT

Spend 5-10 minutes SMR. Find trigger points and let the pressure of your weight release the knots.

Equipment: , Foam Roller



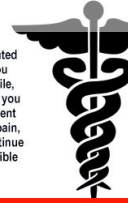
Stability

Improving your balance and stability will not only make you more agile, but will also promote greater strength gains and weight loss.

REPS	WEIGHT	TIME	NOTES

Before You Begin

Always review exercise with your doctor to ensure that it isn't contraindicated by any medications or medical issues you may have. If you haven't trained for a while, start out slow and go easy. If at any time you feel you are exercising beyond your current fitness abilities, or you feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately. You are responsible for exercising within your limits.



BEFORE YOU BEGIN

You are responsible for exercising within your limits.

REPS	WEIGHT	TIME	NOTES



Warm Up

- A warm up will prepare you for exercise by increasing blood flow to the muscles as well as help increasing joint range of motion
- Perform a 5 minute warm up, starting at a slow pace and gradually increasing it as you proceed.

REPS	WEIGHT	TIME	NOTES



Upper Back Myofascial

- 1 - Lie on a roller across your upper back with hands on the floor by your sides, your feet flat and knees bent.
 - 2 - Push away, rolling down from your upper back to your mid-back, straightening your legs.
- Then pull back, rolling up from your mid to upper back.

REPS	WEIGHT	TIME	NOTES



Lats Myofascial

- 1 - Sit, leaning to one side with a roller under the side of your rib cage resting on your forearm with your elbow bent.
 - 2 - Roll upward toward your armpit, straightening your arm.
- Roll back down from your armpit to your rib cage, bending your elbow.
 - Complete all reps on one side before switching to the other side.

REPS	WEIGHT	TIME	NOTES



IT Band Myofascial

- 1 - Lie on your side with the roller under your hip, resting on your forearm and hand with your feet off the floor.
 - 2 - Pull your body toward your forearm, rolling down along the side of your thigh from your hip to the top of your knee.
- Push away rolling back up the side of your thigh from your knee to your hip.

REPS	WEIGHT	TIME	NOTES



Piriformis Myofascial

- 1 - Sit upright on a roller leaning to one side with this leg bent and the ankle on your other knee.
 - 2 - Push your body away, bending your elbow and rolling over the side of your buttocks.
- Support your bodyweight on one hand on the mat behind with your arm straight.

REPS	WEIGHT	TIME	NOTES



Hip Flexors Myofascial

- 1 - Lie face down with a roller at hip level, legs straight with one foot off the floor resting on your forearms.
 - 2 - Leaning to the side of the raised leg roll up and down this leg from the top of your hip to your mid-quad.
- Complete all reps on one side before switching to the other side.

REPS	WEIGHT	TIME	NOTES



Quadriceps Myofascial

- 1 - Lie face down with a roller under lower thighs just above your knees supporting your weight on your hands & toes with your arms straight.
 - 2 - Push away, lowering your body down, raising your feet and roll up along the front of your thighs from your knee to mid-thigh.
- Pull back, returning to a straight arm position, rolling down to the top of your knee again.

REPS	WEIGHT	TIME	NOTES



Hamstrings Myofascial

- 1 - Sit with a roller under the top of your hamstring with one leg straight, and the other leg bent with your foot on the floor and your hands about two feet behind your buttocks.
 - 2 - Pull your body towards your hands, rolling down along the hamstring to the back of your knee.
- Push your body back away from your hands rolling up from your knee to your buttocks.

REPS	WEIGHT	TIME	NOTES



Cool Down

- A cool down allows time for your heart rate and core temperature to begin to drop back to normal levels.
- Perform a 5 minute cool down at a slow pace, using controlled breathing.

REPS	WEIGHT	TIME	NOTES