

Fool-Proof, Full-Body Flexibility Formula

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Stretching and flexibility are two of the hottest topics in our industry, but there are still many questions to be answered. What is the most effective approach to flexibility training, when to stretch and should we even stretch at all? This workshop is designed to dive deep into the heart of the latest research and practical application and bring your flexibility training knowledge to a whole new level. Finish this session with a 45-minute stretch session that will leave you feeling strong and centered.

1. Research and terminology update

- A. Pre versus post exercise stretching
- B. Active versus Passive
- C. Static versus Dynamic
- D. PNF and AI

2. 3-Step System for stretching (How to select which type and amount of each stretch)

- A. *Maximize*
Rank passive & active range of motion around a joint (tight, ideal, extraordinary)
- B. *Minimize*
Minimize the difference in the active & passive range of motion around the joint
- C. *Equalize*
Work to equalize range of motion on the left/right and front/back sides of body

3. PBS (things to consider when putting together your routines)

- A. Posture
- B. Balance (Equilibrium)
- C. Strength

4. Breathing

Notes:

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Stretch Routine

| Stretch Name | Notes |
|--|-------|
| Dynamic Supine Arch (Active) | |
| Dynamic Supine Bent Knee Kick (Active) | |
| Static Supine Straight Knee Hip Flexion (Passive) | |
| Dynamic Supine Straight Leg Hip Extension (Active/Passive) | |
| Static Supine Straight Leg Hip Extension (Passive) | |
| Dynamic Supine Slow Leg Drop (N/A) | |
| Dynamic Side Lying Knee Bend (Active) | |
| Static Side Lying Knee Bend (Passive/Active) | |
| Static Spinal Twist (Passive/Active) | |
| <i>(Repeat Sequence on Opposite Side)</i> | |

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|---|--|
| Dynamic Prone Spinal Extension (Active) | |
| Static Prone Spinal Extension (Passive) | |

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|--|--|
| Dynamic Kneeling Cat/Cow (Active) | |
| Three-Point Kneeling Balance (N/A) | |
| Dynamic Three-Point Kneeling Flex and Point (Active) | |
| Static Kneeling Heel Push (Passive) | |
| <i>(Repeat Sequence on Opposite Side)</i> | |

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|---|--|
| Dynamic Seated Bent Knee Cat/Cow (Active) | |
| Dynamic Supine Plank (Passive) | |
| Dynamic Seated Cross-Over/Spinal Twist (Passive/Active) | |
| <i>(Repeat Sequence on Opposite Side)</i> | |

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|--|--|
| <i>Dynamic Kneeling Neck Rotation/Lateral Flexion (Active)</i> | |
| <i>Dynamic Kneeling Backstroke Variations (Active)</i> | |
| <i>Dynamic Kneeling Spinal Twists and Hip Pushes (Active)</i> | |

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|---|--|
| Static Standing Sumo Squat (Passive/Active) | |
| Dynamic Standing Spinal Extension/Rotation (Active) | |
| Tree (Passive) | |
| Triangle (Passive) | |
| <i>(Repeat on Opposite Side)</i> | |