



READY STATE FITNESS

EVOKING HUMAN POTENTIAL



FLEXIBLE FITNESS

Contract/Relax (PNF) Principles

Move into stretch so that it is slightly uncomfortable but not painful
Contract muscle into resistance: either band or wall/floor on the inhale
Move deeper into stretch on the exhale and hold for 3-5 seconds before repeating contraction
Repeat 3-5 times, do not ease up on stretch between contractions hold new range in place

Use Stretching and Movement as Assessment

What part of line is tight, what lines are tight?: back line, front line, lateral line, etc
If a stretch isn't felt after using different angles to target all fiber directions that area doesn't need to be stretched
Observe side to side differences, which leg or arm is tighter?

Stretching Principles

Utilize breathe during stretch
Avoid pain, but move into discomfort
Focus on stretches you need: find restricted area, find appropriate stretch and apply principles
Avoid long-slow stretching pre-workout, focus on range of motion, mobilizing not stretching
Target all fiber directions stretching fascia and connective tissue not just muscle
Support spine/back to isolate areas, having to balance decreases effectiveness of stretch
Be creative: use same range of motion in different ways before or after workout

Tips

Stretch and practice movements daily for 15minutes morning and at night
Flexibility will change with practice, stretches should also change

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SUPERFICIAL BACK LINE



Hand-Walks

Assessment for whole back line: where is restriction?

Start in crouched position and walk out to pushup (plank)

Walk feet to hands, till you are in forward bend position

Walk hands out again to pushup position and repeat

2nd part is in reverse: walking hands to feet till in forward bend position then walking feet back



L-Band Stretch

Back supported, keep head on floor

Leg straight, not bent at knee

Inhale push heel to floor (whole leg) while resisting with band, exhale pull leg up towards head, repeat 3x



Lateral Hamstring with Band

Back supported, keep head on floor

Leg straight, not bent at knee, take leg across body

Stretch range between 60-90 degrees (90 is L-position from leg to torso), pull toes up/ rotate foot out to target entire line



Back of Knee Stretch/Slide-Out (Hamstring/Calves): For slide, start with straight spine and slide bent leg forward



Seated Position

Sit at edge of seat or cushion using any boltering necessary to:

A: Elevate hips above knees

B: Tilt pelvis slightly forward

Hips above knees puts pelvis into anterior tilt supporting lumbar spine (Pelvis as bowl spilling water out front)

Breathing: Bring awareness to Front/Back & Sides

SUPERFICIAL FRONT LINE



Lunge Stretch

Set leg up right leg against wall (pictured), lower leg flush, while other leg is in 90 degree angle (lunge)

Torso parallel to 90 degree thigh and hands on ground

First work to support, transferring elbow/hand to left leg

Slowly lift torso upward, PNF: push leg into wall and knee into floor on the inhale and get tall on the exhale, repeat 3x, eventually including arms

LATERAL LINE



Hip Opener 2 Variations

Leg is at 90degrees, keeping spine straight lean forward into stretch, PNF: push whole leg into floor or table on inhale, keeping spine straight move torso forward on exhale. Vary angle targeting all the fibers around the hip



Lat Stretch

Using band position arm so stretch is felt from arm to hip

Move arm across body targeting different fibers

DEEP FRONT LINE (CORE)

Mid-Line Stabilization, Activation and Stretching



The Squat

Start with **Dislocates/Pass-Thrus** to open shoulders
Lead with the Pelvis: send the hips back
If necessary use stool behind hips to fall back on
Gradually decrease height so that hip crease is below knees
Weight on heels, gaze forward, arms forward or holding bar
Push knees out as hips go back, lengthening adductors
Assess: how does this feel on my knees, are quads active?



Turkish Getup

Setup: raised knee same side as weight, initial support is foot and forearm
I: **Roll** to side keeping weight and arm extended (don't sit up)
II: Pushing into hand and foot **slide** extended leg back into kneeling (T-Position with both arms extended)
III: T-position to **standing**: turn and square hips then stand
IV: **Lower** in reverse: knee to floor, slide leg back through, hand support(pictured), forearm support then lower



Running Drill

4Pts:posture/mid-foot /90-cadence/lean
Start jumping in place heel kissing floor after forefoot lands
Then alternate steps left then right
Add jump-rope, applying 4 principles: lean after adding rope and go forward, head and hips straight, mid-foot landing, 90 candence and slight lean



Psoas Stretch/ Spiderman

Starting from crouched position walk arms out in front, (Pictured), left leg steps outside hands
Drop back hip towards floor and inside forearm
Reverse forearm and hip
Walk hands out, dragging back leg until it replaces front leg in new stretch



Spinal Mobility (Roll-Down/ Cat-Cow)

The goal of both movements is to bring movement and awareness to the spine

Both movement involvement a progressive flexion and extension of the spine

The Cat-Cow anteriorly tilts the pelvis in the cow position and posteriorly tilts on the cat (rounded back)

The rolldown emphasis is to relax the neck and shoulder during the exercise



Pushup Scaling & Progression

To make the pushup harder elevate feet, to simplify elevate hands

Easiest: Wall 70degrees, Box medium, box low

Harder: Feet on 12in box, 24inch, rings, one-arm press on rings, separate hands on rings

Pushups from knees do not require mid-line stabilization which is the goal

ARM LINES



Pec Minor

Stretch should be felt from ribcage to arm

Bolster head on floor or use wall

PNF: Push arm into floor on inhale, exhale turn shoulder away from floor deepening stretch

90-degree variation is done from knees with elbow bolstered



External Rotators

Lie on side with head supported

Arm (Humerus) will be 60 degrees from shoulder

Angle of forearm to humerus is 90 degrees

Use free arm to slowly bring wrist to floor

PNF: Inhale bring forearm up (ext rot) against resistance, exhale use free arm to lower arm towards floor more

Go slow this can be intense!!