

Joe DeFranco's Limber 11 (flexibility routine)

Be sure to check out the video here:

<http://www.youtube.com/watch?v=FSSDLHhbacc>

1. Foam Roll IT Bands 10-15 passes

Slow and controlled with big long passes. Pause on tender areas and flex/extend knee. Range is bottom of hip all the way to the outside of knee. 10-15 passes.



2. Foam Roll Adductors/Inner Thigh 10-15 passes

Place foam roller at a 45 degree angle. Start high in the groin with slow long passes to halfway down the adductor. Then do the same from halfway down the adductor to the inside of the knee. Similar to the IT band, flex/extend at knee when you find a tender spot. 10-15 passes.



3. SMR Glutes/Lacrosse Ball Glutes 30sec - 2min

Put ball on ground, wedge between glute, cross leg over thigh, begin rolling. This should be decently uncomfortable. The more uncomfortable it is, the more you need it. Roll for about 30 seconds. If you find a tender spot, pause and breath through the tightness. You can straighten leg and roll to hit the hip area.



4. Bent-knee Iron Cross 5-10 each side

Lay down flat on your back. Bend your knees as if you were going to crunch with feet off of the ground (calves parallel to the ground at the start). Drop knees side to side. Keep knees together. Keep palms down. Do not let your hands come off the ground as you drop your knees. When you drop your knees, you're going to move your head in the opposite direction. Hold for a second or two, then switch sides. You can increase speed when warmed up, but always start slow and get a feel for the movement.



5. Rollover Into V-sits 10 reps

Roll back to try to touch the ground behind your head with your toes, then roll back to a V sit, leaning forward to reach in front of your feet. You can assist on the way back over by grabbing your calves. Try to increase the size of the V as you go.



6. Rocking Frog Stretch 10 reps

Positioning is important. Get on hands and knees. Toes point out. Should feel ground pulling skin of knee. Get down on forearms, then push your butt straight back, hold for about 2 seconds, then release. This should be slow and deliberate. 8-10 reps. Wiggle around a bit.



7. Fire Hydrant Circles 10 forward, 10 backward

Most people do this wrong. Keep both elbows straight. A lot of people bend their elbows as soon as they start moving their hips. The motion should come from the hips. Stable at the core. Knee bent, heel stuck near your butt. Think like you're drawing a circle around a circle.



8. Mountain climbers 10 each leg

Focus on range of motion before speed. You can do these inside or outside your arms. He does them outside the elbow to get a dynamic stretch on the groin. Start in a narrow handed push up position with a flat back. Bring one knee up to the outside of the elbow. Then sink down a bit. Then exchange knees and continue sinking the knee before changing sides.



9. Cossack squats 5-10 each side

This takes a tremendous amount of stability. Start with legs wide and toes pointed out at 45 degrees. Sit back and slide to one side. Push out on the knee your sliding to and keep the heel down. The straight leg toes should point to the ceiling. Switch sides, keeping the heel down and the knee out. Keep chest up best you can. If it is too hard to keep the heel down, you can use a bench or box to decrease the stability requirement. Hold on to the box/bench to support yourself while you do the squats.



10. Seated Piriformis Stretch 20-30sec each side

You will need a bench or chair. Then cross one leg over the other thigh. Use your hand to push down on the opposite knee and lean forward. You can grab the shin of the leg that's on the ground. It's ok to round the back a bit. Keep inner thigh pushed down to maintain the angle that hits the piriformis. You can also use your elbow to do some soft tissue work on your adductor. The massage isn't that comfortable, but it loosens up the adductor. Finish the stretch by taking the knee and pulling it into your chest. This is where you maintain a neutral spine.



11. Rear-foot-elevated Hip Flexor Stretch 5-10 reps, 3 second hold, each side

You will need a bench or chair. Put foot on bench with knee on ground. Don't over extend the low back to increase the stretch on the hip flexor. Rather, when your knee is down, have your arm on the ground, then contract the glute hard. Maintain a neutral spine and pull your torso up. Contract glute, neutral spine, up nice and tall with good posture. To increase the stretch, you can raise your hands overhead and tilt slightly in the opposite direction.

