



Self-Myofascial Release and Mobility Techniques

Lesson Cheat Sheet

Self-Myofascial Release:

- Foam Rolling

LINK: <https://dynamicduotraining.wistia.com/medias/zw0zpszyo4>

Mobility:

- Monster/Sumo Walks

LINK: <https://dynamicduotraining.wistia.com/medias/prmwrus7lr>

- T-Spine Openers and Windmills

LINK: <https://dynamicduotraining.wistia.com/medias/pyrieznuzr>

Dynamic Warmup: (10 reps each and repeat for 3 rounds)

- BW lunges with twist
- Side lunges
- BW squats
- Jumping Jacks

LINK: <https://dynamicduotraining.wistia.com/medias/l22t9yz80r>

Static Stretching:

Static stretching is where you hold a stretch per muscle group anywhere from 30-60 seconds. We recommend you save this type of stretching for after your workouts, before bed, or on cardio days. But if you are extremely stiff and tight one day before your workouts, then incorporate some static stretching along with some dynamic warm-ups.