

Pre-Strength Prep & Post-Activity Flexibility



WARM UP & MOBILITY/PREP WORK (prior to Strength/Stability routine)	SETS	REPETITIONS
General Warm-up: 5-10 minutes of light aerobic activity	-	-
ACTIVATION AND MOVEMENT PREPARATION (following General Warm-up, prior to Strength/Stability) Exercises # 1 to 5 may be performed daily.		
1. Intrinsic Muscles of the Feet - Training	See attached sheet	
2. Four-Point Kneeling Sequence: Begin with a slow cycle of Cat/Camel – this is an active range of motion exercise – not a stretch. Ensure that you are remaining in your comfortable ranges on flexion/extension...do not try to stretch beyond these. Following the Cat/Camel sequence return to neutral spine position, set your core and perform an opposite arm/leg raise each side. There should be no “un-wanted” movement of spine/pelvis while you are lifting limbs. While slowly lifting the leg focus on engaging glute. While lifting the arm focus on adducting scapula without elevating (do not shrug). Finally slowly rock back butt towards to heels (do not go to a point where you feel pinching in anterior hip), and with hands out in front “walk” hands to one side (lateral bend in torso – you should feel a lat stretch).	1	4-8 circuits
3. Anterior Hip Mobility Sequence. Focus on maintaining alignment/control. At each point where you feel a “light” comfortable stretch – hold for 3 seconds, before continuing through the sequence. Stay within a comfortable range – always work with your range and do not push beyond this.	1	2 to 4 circuits each side – at a SLOW tempo
4. Stability Ball O’Brien Hip Extension. Focus on glute max contraction prior to lifting leg, during the leg lift, and during the lower. Relax for one sec between reps. The alternate side knee/thigh will be gently pressing into ball while you are performing the hip extension.	1	Up to 10 reps of 3 sec holds each side
5. Supine Half Bridge with Alternating Knee to Chest. Maintain neutral spine and pelvis position throughout. Keep core engaged throughout While lifting one foot off floor – focus on engaging the other side (stance side) glute. As knee approaches chest, ensure to maintain neutral spine/pelvis.	1	Up to 12 reps each side at a slow tempo
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<p>6. Ready Stance Single Leg Stability with Glide Progressions. Focus on maintaining good alignment through the stance side hip/knee/ankle. Keep core engaged. Maintain neutral spine and neutral pelvis position. There should be no movement of stance side leg or pelvis – only movement from the sliding side. Perfect the first level of progression, before moving to the next level of difficulty. You may have to spend several sessions at a particular level, before you are ready to move up to a greater challenge. Progressions: i) Posterior Glide, ii) 45 Degree Glide</p>	2	<p>Up to 10 reps each side at a slow tempo.</p> <p>Rest approx 1 minute between sets</p>
<p>7. Stability Ball-Wall Static Hip Abduction with Partial Single Squat. Keep core engaged - maintain good alignment. Focus on glute med contraction on stance side. Maintain a constant pressure on the ball by pressing the alternate side knee into the ball. While descending into the partial squat – ensure that you are able to maintain the glute med contraction. You may have to limit range at the beginning – to maintain the contraction - and you must stay within a comfortable range of motion with the knee.</p>	2	<p>10 reps at a slow tempo, each side</p>

FLEXIBILITY	SETS	REPETITIONS
<p>Flexibility. Perform post activity, and may be performed daily. Stay within a comfortable range – you should feel a light/gentle stretch with no discomfort.</p>		
<p>A. Precede the exercises below with gently rolling the muscles of: Quadriceps, Hamstrings, lower legs with foam roller and tennis ball for the Glute area.</p>	1	2 min for each area
<p>B. SB Dynamic Glute Stretch</p>	1	10 reps of 2 sec holds
<p>C. Active Hamstring Stretch (3 ways)</p>	1	10 reps of 2 sec holds
<p>D. Active Hip Flexor/Quadriceps Stretch</p>	1	10 reps of 2 sec holds
<p>E. Seated Active Calf Stretch (Gastroc)</p>	1	10 reps of 2 sec holds
<p>F. Standing Active Calf Stretch (Soleus)</p>	1	10 reps of 2 sec holds
<p>FOCUS ON TECHNIQUE PERFECTION - WHEN TECHNIQUE FAILS THEN STOP NO MATTER THE NUMBER OF REPETITIONS COMPLETED. THERE SHOULD BE NO PAIN OR SYMPTOMS ASSOCIATED WITH THE PERFORMANCE OF ANY EXERCISE. IF PAIN PRESENTS, STOP THE ACTIVITY AT ONCE.</p>		

FOR ADDITIONAL RESOURCES:

Please visit the Expedition Atacama Website, to view instructional videos featuring John Zahab.

