

Train like a Waterbender - 1

Build Strength and Mobility to repair your body and be like water!

Inspired by Taijiquan and some commonly-needed corrective exercises. Waterbending is as restorative as it is powerful!

Repeat 2-3x with 1min Rest between rounds:

- Lacrosse Ball Release (Hip Flexors/Quads) x1-2min**
- Couch Stretch x2min**
- Glute Bridges x15**
- Lunges x15 each**

Repeat 2-3x with 1min Rest between rounds:

- Lacrosse Ball Release (Traps/Pecs) x1-2min**
- Open Book Stretch x10 each**
- Pushups x15**
- Ts, Ys, and Is x15 each**

Descriptions of Some of the Exercises:

Lacrosse Ball Release: Take a lacrosse (or tennis) ball and use it to find knots in the specified muscles. When you find a knot, gently press into it with the ball. While maintaining the pressure, try to move the muscle through as much range of motion as possible--stretch, contract, get (safely) creative with it to release the knot

Couch Stretch: Put your right foot on a couch (or chair, or even against a wall) and lower your right knee to the ground. Step your left foot into a lunge position and sit up to stretch your right quad and hip. Repeat with the left side

Glute Bridges: Lay on your back with your knees bent. Press your heels into the ground to lift your hips up

Open Book Stretch: Lay on your right side in a "sleeping" position (legs bent and stacked) with your arms outstretched and stacked. Keeping your knees together and your right knee on the ground, reach your left arm out to the ground behind you to open your chest, then pull it back to your right hand, and repeat

Ts, Ys, and Is: Lay on your stomach with your arms stretched like a T and your thumbs pointing to the sky. Lift your hands up (to the sky) and lower back down. Repeat with your arms in a Y and I position