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DECISION MATRIX

TASKS

<u>MUST DO</u>	<u>PLAN</u>
<u>DELEGATE</u>	<u>ELIMINATE</u>

DECISION MATRIX

- 1) **MUST DO:** These are tasks that require immediate attention and directly impact your goals. They should be completed right away.
 - a) Prioritize these over other tasks.
 - b) Allocate sufficient time and resources to address these items.
 - c) Focus on completing these before moving to other quadrants.

- 2) **PLAN:** These tasks can wait but still contribute to your objectives. Schedule time to complete them later.
 - a) Allocate time in your calendar to address these tasks.
 - b) Ensure you set realistic deadlines for these tasks to maintain a manageable workload.

- 3) **DELEGATE:** Delegate these tasks to someone else, if possible. They require prompt action but don't significantly affect your overall success. To successfully delegate you need to:
 - a) Clearly communicate the task, expectations, and deadline to the person taking over.
 - b) Provide any necessary resources or support to ensure successful completion.
 - c) Regularly follow up to ensure the task is on track and ask if any help is needed.

- 4) **ELIMINATE:** Minimize or eliminate these tasks from your to-do list. They consume time without providing real value.
 - a) Limit the time spent on these to avoid distraction from more important tasks.
 - b) Reevaluate whether these are truly necessary right now or just a means of avoiding the other things you don't want to do.
 - c) These can be used for an occasional break or reward for completing higher-priority tasks.



Hurdler Stretch - LZ

Get into seated position on the ground. Bend one knee and bring it around the body attempting to reach behind, keep the knee at 90 degrees. Extend opposite leg out in front. More body weight will be on the sit-bone of the straight leg. Stretch can be felt in the front of the thigh on the bent leg and the back of the straight leg.

Repeat

3 Times

Hold

30 Seconds

Complete

1 Set

Perform

2 Times a Day



Hurdler Stretch - LZ

Get into seated position on the ground. Bend one knee and bring it around the body attempting to reach behind, keep the knee at 90 degrees. Extend opposite leg out in front. More body weight will be on the sit-bone of the straight leg. Stretch can be felt in the front of the thigh on the bent leg and the back of the straight leg.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day

CHILD POSE - PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.



Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day

PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time.



Repeat	1 Time
Hold	2 Minutes
Complete	1 Set
Perform	2 Times a Day

Pretzel Stretch

Start out on your left side, using your right(top) hand grab your left (bottom) foot and pull to provide a quad/hip flexor stretch, do NOT arch your back. Use your left (bottom) hand and grab your right (top) knee and pull towards chest, feeling a stretch along glute/buttock area. Exhale and GENTLY relax your right shoulder to the ground, hold at a moderate stretch, NEVER pain Repeat in reverse for other side.





Couch Stretch ATG

Kneeling on foam or padding for knee comfort, prop foot up onto wall behind you, bending kneeling knee as much as tolerated in addition to opening of ankle/stretching into plantarflexion at foot. If unable to assume this position and hold for 45 seconds- regress by moving knee further from wall, placing foot onto step or bench instead of against wall until improvements in flexibility are achieved.

For enhanced stretch, work on engaging gluteus to promote more hip flexor/rectus femoris stretching.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Times a D

Plank

Beginning alignment: As shown, with weight through your hands and feet. Line your hands up directly underneath your shoulders with the creases at your wrists parallel to the front of the mat. Spread your fingers wide and distribute your weight evenly across your hands. Keep your chest open and your head in line with your spine. Your scapula should stay flat and centered on your upper back—avoid “winging” them backward or collapsing forward.

Activate the position: Actively press the mat away from you keeping your elbow creases facing forward. Engage your abdominal muscles and the stabilizing muscles around your shoulder blades. Engage your quads and hamstrings to straighten your knees and energize your legs.

Focus: As you hold this position, maintain neutral alignment throughout your body. Notice any muscles that are overly tight and relax them. Practice transversus abdominis breathing and engage deep abdominal muscles to support the rib cage.



Repeat	1 Time
Hold	2 Minutes
Complete	1 Set
Perform	2 Times a Day



Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day

90/90 PAIL/RAIL hip internal rotation

1. Begin in a 90/90 position
2. Through the duration of this exercise, your spine should be held tall
3. Proceed to hinge forward with your belly button leading the movement until you hit your maximal range
4. Sink into it for 2 minutes
5. Drive your leg into the ground at 70% effort (isometric contraction) for 10 seconds
6. Now think of using your hip flexors to pull yourself closer to the ground at 70% effort (isometric contraction) for 10 seconds
7. Repeat step 5 and 6.

** The video is not holding the stretch/contractions for the prescribed time. Please follow the description.



Dynamic Hip Flexor

Leg being stretched is behind with toes pointing straight ahead the other leg is forward in a lunge position

Back leg is kept straight with the glut contracted, then reach the arm next to the forward leg into rotation towards the ceiling

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day

Full Squat for Back Body Expansion

Find something sturdy to hold onto at ground level. Trap your knees between your arms, feet are close together. Relax the front of your ankles, your ankles don't hold you up. Lean back on your arms to relax the hip flexors. Sink towards the floor. Relax your head on your knees. Inhale - stretch from the inside, pushing your rib cage up and back. Exhale.

By getting correct breathing, we get correct muscles firing. You will feel more connected, and it should be easier to have good posture.

Repeat	3 Times
Hold	30 Seconds
Perform	2 Times a Day



HAMSTRING STRETCH - SUPINE

While lying on your back, raise up your leg and hold the back of your knee with your hand or with a strap/towel. Pull the leg upwards until a stretch is felt. Hold, relax and repeat.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Da



Glute and Hip Release Stretch (pigeon pose)

- Hips square facing edge of bed
- Bed height according to flexibility of person, roughly hip height
- Bring right leg up to bed height, knee bent 90 degrees and externally rotated so that calf is parallel to hips
- Place hands on table for balance
- Left leg should be 12 inches back from the bed, leg straight and foot facing forward.
- Lean into the position and hold
- * ensure not to let straight standing leg and/ or pelvis ext. rotate , keep hips parallel to the table.

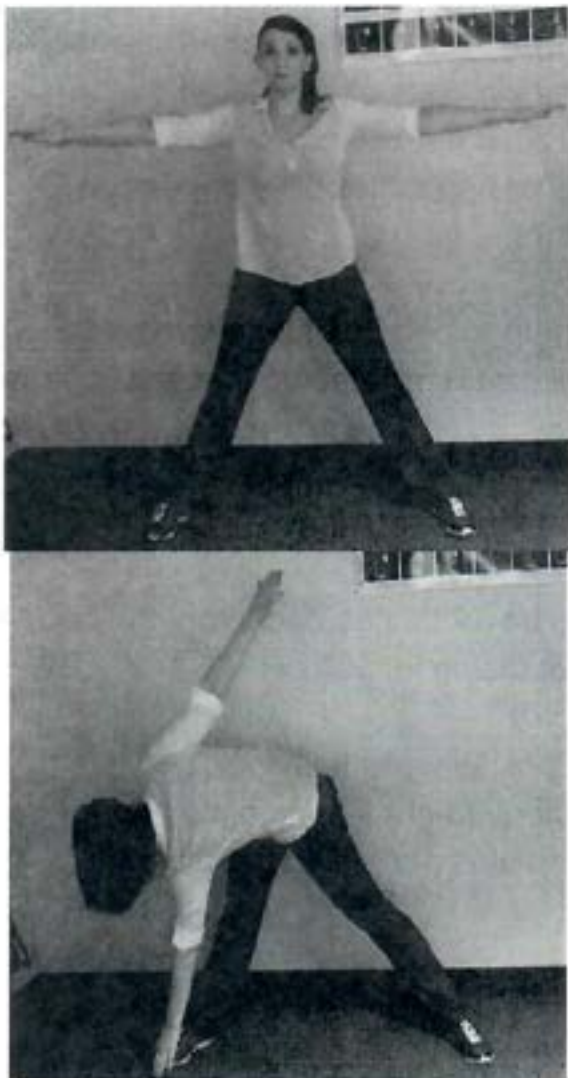
Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day

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While lying on your back, raise up your leg and hold the back of your knee with your hand or with a strap/towel. Pull the leg upwards until a stretch is felt. Hold, relax and repeat.



Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a



Windmills

Stand with feet wide apart and arms out to the sides. Tilt body so the right hand touches the left foot. Return to standing position, and then switch the tilt so the left hand touches the right foot.

Repeat alternating sides, making sure to stand up between each tilt.

Repeat	10 Times
Complete	3 Sets
Perform	2 Times a Day

STANDING SIDE BEND STRETCH

Start in a standing position. Next, bend your trunk to the side as you slide your hand down the side of your legs. Do not bend forward or back. Try and move your spine directly to the side. Hold for a gentle stretch then return to upright standing and repeat.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day



HIP FLEXOR STRETCH - FOOT ON CHAIR



While standing, place your foot on a chair as shown. Next, bend your knee to stretch the front of the thigh on the leg that is on the ground.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day

STANDING HIP FLEXOR STRETCH - KNEE ON CHAIR

While standing, place your knee on a chair as shown. Next, bend your stance knee to stretch the front of the thigh on the leg that is on the chair.



Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day



Pigeon (up)

Place your front leg in front of you with your knee outside of your hip, as shown.

Adjust the position of your heel (closer or farther from your groin) based on comfort and amount of stretch.

Make sure that your back leg is straight back from your hip, and that your pelvis is level and in line.

For release of front hip flexor, press your opposite hand to heel and isometrically push your heel into your hand, hold 10 sec, then release and try to lower your pelvis.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day



YOGA PIGEON - PRONE

Start on all 4's. Extend one leg behind you, keeping that knee relatively straight. Bring the other leg forward, bending that knee and externally rotating that hip. Try to square your hips as much as possible. Find a good stretch in the front of the hip on the back leg side and a stretch in the back of the hip/glutes on the front leg side. Allow your body to first settle into this stretch with the hands on the floor on either side of the hips, chest lifted, and trunk extended.

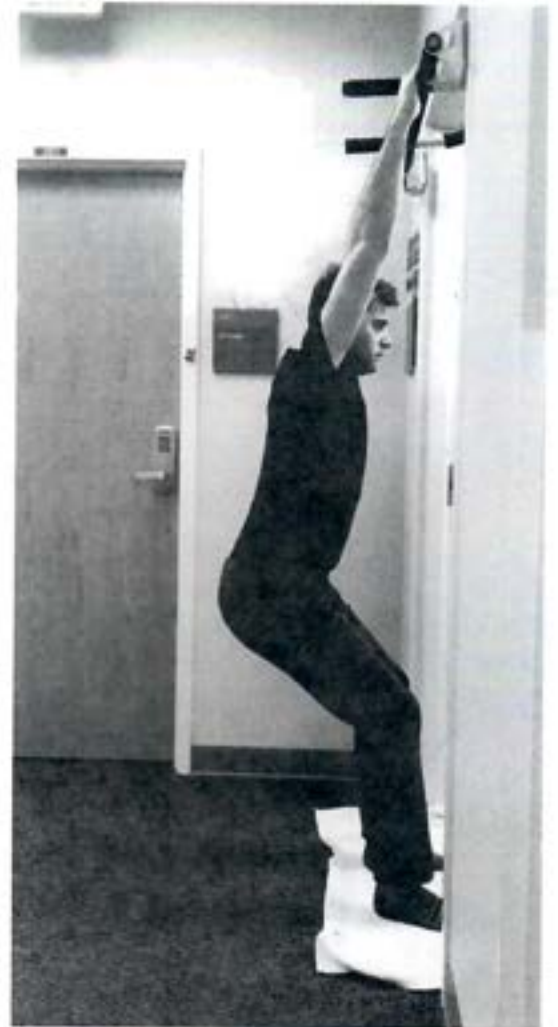
Next, walk your hands forward, allowing your upper body to fold over the front leg. Keep the arms straight and the face down close to or forehead on the floor. This should deepen the hip/glute stretch on the front leg side. Hold for desired amount of time and repeat on the other side.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day

Semi hang pull up bar

Using a pull up bar, plant your feet on the ground and reach your butt backward as you move into a hanging/squat position. Use your feet to help support your body weight as you feel a stretch in your back. Try to let your spine and core be relaxed.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day



Thread the Needle

On your hands and knees on the floor, sit back on your heels. Then take one hand and thread it under your torso and across your body. Hold this position. Then repeat on the opposite side.

Repeat	3 Times
Hold	30 Seconds
Perform	2 Times a Day

STANDING HIP FLEXOR STRETCH - KNEE ON CHAIR

While standing, place your knee on a chair as shown. Next, bend your stance knee to stretch the front of the thigh on the leg that is on the chair.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day



DOORWAY STRETCH

While standing in a doorway, place your arms up on the door jam and place one foot forward through the doorway as shown. Next, bend the front knee until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be horizontal to the ground and forearms should lie up along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat	1 Time
Hold	2 Minutes
Complete	1 Set
Perform	2 Times a Day



Pigeon (up)

Place your front leg in front of you with your knee outside of your hip, as shown.

Adjust the position of your heel (closer or farther from your groin) based on comfort and amount of stretch.

Make sure that your back leg is straight back from your hip, and that your pelvis is level and in line.

For release of front hip flexor, press your opposite hand to heel and isometrically push your heel into your hand, hold 10 sec, then release and try to lower your pelvis.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day



YOGA PIGEON - PRONE

Start on all 4's. Extend one leg behind you, keeping that knee relatively straight. Bring the other leg forward, bending that knee and externally rotating that hip. Try to square your hips as much as possible.

Find a good stretch in the front of the hip on the back leg side and a stretch in the back of the hip/glutes on the front leg side. Allow your body to first settle into this stretch with the hands on the floor on either side of the hips, chest lifted, and trunk extended.

Next, walk your hands forward, allowing your upper body to fold over the front leg. Keep the arms straight and the face down close to or forehead on the floor. This should deepen the hip/glute stretch on the front leg side. Hold for desired amount of time and repeat on the other side.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day

TRICEP STRETCH WITH MULTI-LOOP STRAP

Place the loop of strap on the hand of the target arm with your arm above your head as shown. Use the other hand to pull downward on the strap, allowing the elbow to bend until a stretch is felt on the back of on the top arm.



Repeat **3 Times**
Hold **30 Seconds**
Complete **1 Set**
Perform **2 Times a Day**



IR STRETCH WITH MULTI-LOOP STRAP

Put your arm behind your back and use a strap to pull the arm upward towards along your spine to provide an internal rotation stretch of the shoulder.

Repeat **3 Times**
Hold **30 Seconds**
Complete **1 Set**
Perform **3 Times a Day**

DOWNWARD DOG - YOGA - ADHO MUKHA SVANASANA



Start in a crawl position (on hands and knees) so that your hands are under your shoulder and your knees are under your hips.

Next, walk your hands forward and then lift hips up towards the ceiling as you straighten your knees and elbows as shown. Tighten your quads and if able you can lower your heels to the floor. Hold this position.

Slow deep diaphragm breathing the entire time.

Duration	30 Minutes
Complete	3 Sets
Perform	2 Times a Day



UPWARD FACING DOG POSE - YOGA - URDHVA MUKHA SVANASANA

Start by lying down on your stomach. Next, press with your hands and raise up your chest, pelvis, thighs and knees up off the floor. Extend your head upwards as well.

Only your toes, top of your feet and hands should be touching the floor. Hold this position.

Duration	10 Seconds
Complete	10 Sets
Perform	2 Times a Day

Squat with Hip Hinge - Hip and Back Disassociation Drill

When squatting, bend over at the waist, tighten your stomach muscles by drawing in your navel and keep your back straight while bending at your hips. This will protect your back from excessive loads. Your buttock should lower behind your feet as if you are going to sit on a seat. Emphasize your weight going through your heels. Also, for good knee alignment, do not let your knees pass in front of your toes and keep your knee in line with your 2nd toe (next to the big toe) as it bends.

- Repeat 1 Time
- Hold 1 Second
- Complete 1 Set
- Perform 1 Times a Day



Hip Hinge - Standing with Dowel

Stand and hold a dowel or stick along your back with one hand on your low back/tailbone and the other hand behind your head/neck. Bent knees slightly, then lean forward and then lean back to starting position. Repeat.

Maintain contact of the dowel and your hands to your low back/tailbone, your upper back and your head/neck the entire time.

- Hold 2 Minutes
- Complete 1 Set
- Perform 2 Times a Day



Bretzel

1. Begin in side lying position.
2. Bring your top knee to hip height so you are in a 90/90 position. Use your hand to hold your leg in place.
3. Bend your bottom leg back and grab your foot with your other hand. Ideally the bottom knee should be inline with their bottom shoulder.
4. Rotate top shoulder down to the table and hold.

- Repeat 3 Times
- Hold 30 Seconds
- Perform 2 Times a Day



Kneeling Hip Flexor / QL Stretch

Down in a kneeling lunge position, shift your hips forward until a stretch is felt in the front of the hip that is kneeling. Once a stretch is felt, reach the arm on the kneeling side up and over the top as to create a curve with your upper body. A stretch should be felt in the front of your hip and in the "flank" on the kneeling side between the bottom of your ribs and the top of your hip bone.

- Repeat 3 Times
- Hold 20 Seconds
- Complete 1 Set
- Perform 4 Times a Week

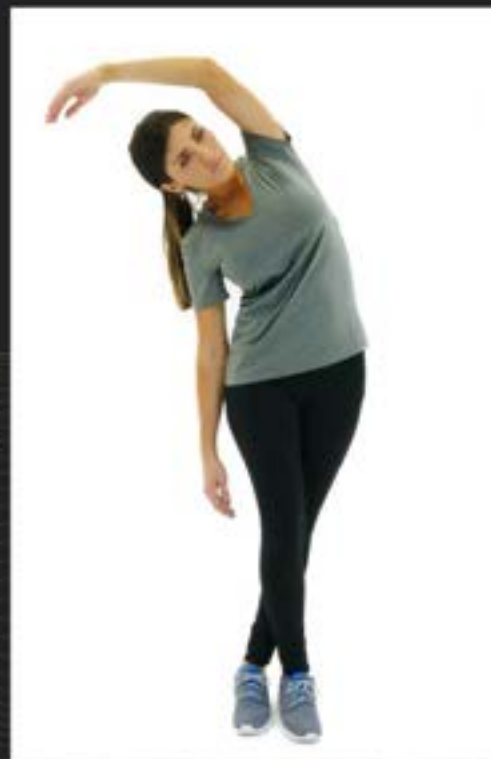


Standing Iliotibial Band Stretch with Trunk Side Bend - ITB

In a standing position, cross the affected leg behind your unaffected leg.

Next, with your arm over head, lean to the side towards the unaffected leg.

- Repeat 1 Time
- Hold 1 Second
- Complete 1 Set
- Perform 1 Times a Day



Standing Pigeon's Stretch with Support

While standing next to a treatment table or bed, place pillows or mats on the table for support. Get into standing pigeon's pose position and allow your target leg to be supported on pillows/mats. Keep spine neutral and slowly lean forward until stretch is felt in your posterior hip of the leg being stretched.

- Hold 30 Seconds
- Complete 2 Sets



Pigeon Stretch

Hip External Rotation - Piriformis Stretching

Start on hands and knees. Lift up and bring the leg to be stretched up into a figure 4 position. Scoot back to increase the stretch. Roll a little to adjust the location of the stretch, but try to keep your pelvis square to the front. Bringing your foot closer to your elbow will also increase the stretch. You should feel this in your butt on the side of the bent leg. Support yourself on your elbows.

- Repeat 3 Times
- Hold 30 Seconds
- Complete 1 Set
- Perform 1 Times a Day



Seated Brettzel 90/90/90 Hip IR Stretch

1. Begin seated as shown with the targeted leg facing into the floor, out to the side.
2. Activate the hip external rotators by pushing the foot into the ground like you would be lifting the knee off the floor.
3. Maintain this activation while you use the opposite side hand to push away from the floor applying an increased stretch on the targeted hip.

- Repeat 1 Time
- Hold 1 Minute
- Complete 1 Set
- Perform 1 Times a Day



Hip External Rotation Stretch - Seated

While sitting in a chair, cross your leg with the ankle of one foot on the knee of the other.

Next, push the top knee downward for a stretch.

- Repeat 1 Time
- Hold 1 Second
- Complete 1 Set
- Perform 1 Times a Day



Hamstring Stretch - Supine

While lying on the ground, hold the back of your knee/thigh area and straighten your knee until a stretch is felt along the back of your leg.

- Repeat 1 Time
- Hold 2 Minutes
- Complete 1 Set
- Perform 2 Times a Day



Hamstring Stretch with Multi-Loop Strap

Lie on your back and place a stretching strap on your foot. Pull on the strap to assist in raising your leg up for a stretch to the back of your leg.

Keep your target leg straight to slightly bent the entire time.

- Hold 2 Minutes
- Complete 1 Set
- Perform 2 Times a Day



Sciatic Nerve Glide - Seated - 1

Start by sitting up straight in a chair or on the edge of a bed. Then, extend your knee and hold this position. Next, bend your ankle forward and back. Point your toes up for 3 seconds, then point your toes down for 3 seconds and repeat this about 10 times, relax, then do it again.

- Hold 2 Minutes
- Complete 1 Set
- Perform 2 Times a Day



Sciatic Nerve Glide - Supine

Start by lying on your back and holding the back of your knee. Next, attempt to straighten your knee. Lastly, hold this position and then bend your ankle forward and back as shown.

- Repeat 10 Times
- Hold 10 Seconds
- Complete 1 Set
- Perform 2 Times a Day



Hip Flexor Stretch 2

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

At the same time, grasp your opposite knee and pull it towards your chest.

- Repeat 1 Time
- Hold 2 Minutes
- Complete 1 Set
- Perform 2 Times a Day



Hip Flexor Stretch - Foot on Chair

While standing, place your foot on a chair as shown. Next, bend your knee to stretch the front of the thigh on the leg that is on the ground.

- Repeat 1 Time
- Hold 2 Minutes
- Complete 1 Set
- Perform 2 Times a Day



Piriformis Stretch - Modified 2

While lying on your back, hold your knee with one hand and your ankle with the other. Pull your leg up and over towards the opposite shoulder as shown.

- Repeat 1 Time
- Hold 2 Minutes
- Complete 1 Set
- Perform 2 Times a Day



Piriformis and Hip Stretch - Seated Faber Stretch

While sitting in a chair, cross your affected leg on top of the other as shown.

Next, gently lean forward until a stretch is felt along the crossed leg.

- Repeat 1 Time
- Hold 2 Minutes
- Complete 1 Set
- Perform 2 Times a Day



Prayer Squat with Hip Mobilization

Assume a prayer squat position. Knees should be outside of elbows with your heels on the ground. After assuming this position, remove hands from between knees. Slowly bring one knee towards the ground while maintaining the heel of the other knee on the floor. Return to starting position and then perform on the other side. If you cannot move your knees towards the floor w/o losing balance or you cannot assume a Prayer squat to begin with, start with attempting to get into the prayer squat position and hold the position for 30 seconds and repeat 3-5 times. Ideally perform 10 reps per leg and perform 3 sets.

- Repeat 10 Times
- Complete 3 Sets
- Perform 1 Times a Day



Kneeling Hip Flexor / QL Stretch

Down in a kneeling lunge position, shift your hips forward until a stretch is felt in the front of the hip that is kneeling. Once a stretch is felt, reach the arm on the kneeling side up and over the top as to create a curve with your upper body. A stretch should be felt in the front of your hip and in the "flank" on the kneeling side between the bottom of your ribs and the top of your hip bone.

- Repeat 3 Times
- Hold 20 Seconds
- Complete 1 Set
- Perform 4 Times a Week

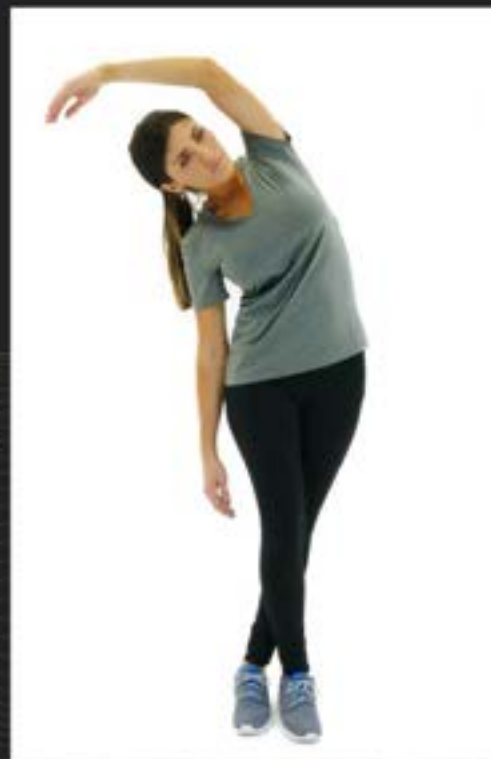


Standing Iliotibial Band Stretch with Trunk Side Bend - ITB

In a standing position, cross the affected leg behind your unaffected leg.

Next, with your arm over head, lean to the side towards the unaffected leg.

- Repeat 1 Time
- Hold 1 Second
- Complete 1 Set
- Perform 1 Times a Day



Seated Brettzel 90/90/90 Hip IR Stretch

1. Begin seated as shown with the targeted leg facing into the floor, out to the side.
2. Activate the hip external rotators by pushing the foot into the ground like you would be lifting the knee off the floor.
3. Maintain this activation while you use the opposite side hand to push away from the floor applying an increased stretch on the targeted hip.

- Repeat 1 Time
- Hold 1 Minute
- Complete 1 Set
- Perform 1 Times a Day



Hip External Rotation Stretch - Seated

While sitting in a chair, cross your leg with the ankle of one foot on the knee of the other.

Next, push the top knee downward for a stretch.

- Repeat 1 Time
- Hold 1 Second
- Complete 1 Set
- Perform 1 Times a Day



Sciatic Nerve Glide - Seated - 1

Start by sitting up straight in a chair or on the edge of a bed. Then, extend your knee and hold this position. Next, bend your ankle forward and back. Point your toes up for 3 seconds, then point your toes down for 3 seconds and repeat this about 10 times, relax, then do it again.

- Hold 2 Minutes
- Complete 1 Set
- Perform 2 Times a Day



Sciatic Nerve Glide - Supine

Start by lying on your back and holding the back of your knee. Next, attempt to straighten your knee. Lastly, hold this position and then bend your ankle forward and back as shown.

- Repeat 10 Times
- Hold 10 Seconds
- Complete 1 Set
- Perform 2 Times a Day



Hip Flexor Stretch 2

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

At the same time, grasp your opposite knee and pull it towards your chest.

- Repeat 1 Time
- Hold 2 Minutes
- Complete 1 Set
- Perform 2 Times a Day



Hip Flexor Stretch - Foot on Chair

While standing, place your foot on a chair as shown. Next, bend your knee to stretch the front of the thigh on the leg that is on the ground.

- Repeat 1 Time
- Hold 2 Minutes
- Complete 1 Set
- Perform 2 Times a Day



Piriformis Stretch - Modified 2

While lying on your back, hold your knee with one hand and your ankle with the other. Pull your leg up and over towards the opposite shoulder as shown.

- Repeat 1 Time
- Hold 2 Minutes
- Complete 1 Set
- Perform 2 Times a Day



Piriformis and Hip Stretch - Seated Faber Stretch

While sitting in a chair, cross your affected leg on top of the other as shown.

Next, gently lean forward until a stretch is felt along the crossed leg.

- Repeat 1 Time
- Hold 2 Minutes
- Complete 1 Set
- Perform 2 Times a Day



Hamstring Stretch - Supine

While lying on the ground, hold the back of your knee/thigh area and straighten your knee until a stretch is felt along the back of your leg.

- Repeat 1 Time
- Hold 2 Minutes
- Complete 1 Set
- Perform 2 Times a Day



Hamstring Stretch with Multi-Loop Strap

Lie on your back and place a stretching strap on your foot. Pull on the strap to assist in raising your leg up for a stretch to the back of your leg.

Keep your target leg straight to slightly bent the entire time.

- Hold 2 Minutes
- Complete 1 Set
- Perform 2 Times a Day

