

Warm Up Like a Champ

KAITLIN HENNESSY: Hello, everyone, and welcome to "Warm Up Like a Champ." My name is Kaitlin Hennessy. I'm the program coordinator here at Global Connections. And at Global Connections, our goal is to provide engaging, co and extracurricular programming for students at a distance.

And tonight, joining me, is Ramon Sodano. He is a master trainer here at Washington State University and university recreation, as well as the fitness coordinator for well-being online. And as many of you are doing already, please use that chat below the iframe for YouTube to ask questions to Ramon, and also discuss tonight's content. OK, I'm going to turn it over to Ramon. Thank you.

RAMON SODANO: Thank you. OK, everyone, like Kaitlin said, my name is Ramon Sodano. I do work as the fitness coordinator at Washington State University's Student Recreation Center. I got involved in the fitness industry in 2006, where I started personal training back then, and have done everything through personal training and strength conditioning coaching, speed coaching, and the like.

I'm a certified strength conditioning specialist through the National Strength Conditioning Association. I have my FMS Level 1, Level 2. I have a bunch of certifications that all pertain to what we're about to talk about. There's no need to go into all that.

But first, I want to apologize to everyone. If you did try to attend this webinar last semester, I did break my ankle about a week before we were supposed to do it, so we had to postpone it till the spring semester. So sorry about that, and thank you for joining me now. And hopefully, I'm limber enough and kind of recovering well enough that I'm able to show you what I would like today, you know, adequately.

So what we're going to be doing today is we're going to talk about a warm up sequence or how to properly put together a warm up. So a warm up is an area that is very, very, very often overlooked in strength and conditioning, or just a fitness routine, in general, by individuals. And this is not good because, not only does it put you at a higher risk of injury, but it doesn't allow you to overcome those plateaus and optimize your training to the ability or to the extent that you want. So if you implement a good strategic warm up, it is going to help with a whole host of things, especially injury reduction and increased performance.

So over the years-- well, I'll be honest. I was originally one of those meatheads that would just come to the gym right away, and not warm up or do anything like that, and then just hop to my workout. And I did suffer major injuries from that. I've torn my pec, had to have surgery on that from not adequately warming up, and other just small, you know, soft tissue injuries as well. So throughout my tenure, I have developed, what I call, a four-part sequence that I've learned

from many other coaches. I've absorbed a lot of stuff from tons of coaches, like Mike Boyle and Gray Cook, and all kinds of individuals, to put together this warm up sequence.

And it is a four-part sequence, and I like having it that way because I like going from structure one to the other. There's parts that can be molded and twisted, but it is good to have structure I believe. So the original idea behind it was to have it go smoothly into your workout. So the first thing that we'll do-- and we'll get into everything.

And feel free to go along with me today as we are doing the warm up stuff. There may be some stuff that you can't do if you don't have a foam roller or something like that. But when we get to other sections, you will be able to try stuff out with me and then, you know, utilize it for your own workouts later on.

Anyways, the four-part sequence-- the very first part that we utilize is myofascial release. Myofascial release can also be called soft tissue work. And the thing that we're going to use for it today is a foam roller. You can use other kind of techniques-- you can use a lacrosse ball.

This is really when you want to get deep into the muscle tissue and you have some nasty release you want to do. I would suggest to start with the foam roller. Especially, if you haven't used it before, you're going to feel some-- it's going to hurt a little bit. But I promise, over time, it will get better.

So there is a caveat with the super soft tissue portion of a warm up. A lot of coaches out there are afraid that doing something, like a soft tissue work or myofascial release, will put you into your parasympathetic nervous system, which is your resting nervous system, right? And we don't want to be that when we're going into our work out. We want that in our cool down.

So what we do with the myofascial release, or the soft tissue work, is we really don't spend a lot of time on it. We roll certain areas for a certain amount of time and get through it in about maybe eight to 12 minutes. Mike Boyle would say this is like untying the knots in the muscle, right? So we're really just going to kind of break that stuff up, feel our little hot spots, and then move on from there.

The next section is what we call dynamic mobility, or mobility. So the two center sections today-- we're going to do two different types of it. We're going to do more of, like, if you're stationary and you don't have a lot of room to move, and then the other version we're going to do-- if you do have, like, basketball court areas to move and it's a little bit more athletic based. But that second portion is our dynamic mobility.

And then the third portion is called our dynamic running-- OK-- a little bit more explosive movements. Within the first context, when we're staying in place, we'll turn that into a lunge matrix. But you most likely have seen it as, like, high knees and skips and carioca steps and stuff. What I've done is I was able to create a format of that to be in a stationary spot to replace the dynamic running if you don't have the resources or the space to be able to do that.

So we have soft tissue work, dynamic mobility, dynamic running, and then we end with some sort of muscle activation, OK? And today, there's tons of muscle activation that you can do. It just depends on really what the main area you're working on. Today we're going to utilize Versa-Loops to do some band activation for our glutes. And that would be if I was doing maybe a really focused lower body deadlift, posterior chain workout. But there is activation that you can do in your shoulders, in your scapula, and all kinds of things, especially if you've got pressing or upper body workouts.

In all honesty, we're doing a lot of muscle activation throughout the entire warm up. But I still kind of like to put it at the end to really prep those small stabilizers to be able to be utilized throughout the work out to make sure the prime movers don't do all the work. We'll talk in depth when I'm going through each section of what we're trying to focus on with each section, so I'm not going to overkill it right now.

With all that, we'll get started. And if you do have a foam roller, which I doubt you do, feel free to go along with me. And we're going to do a full body foam rolling sequence, OK? Typically, if you were just working a lower body day, you could possibly just do a lower body foam roller. But honestly, every time I do foam roller, I do the full body just because I love the feeling of it.

So, how I do this, is I do my anterior-- so just so you know, anterior is the front of my body, posterior is the back of my body-- I'll do my anterior lower half, my posterior lower half, then I do my posterior upper half, and anterior upper half. I don't care how you put it together-- it's whatever sequence that you want-- just try to figure out a good flowing way just so it's smooth and flows together. You should really be in sync with this.

I will say, when you first start foam rolling, it's going to be very awkward. It's going to take a lot of practice. Actually, with all this stuff, it's going to feel very awkward at first, so it's going to take some practice for you to be able to feel comfortable doing it, especially with foam rolling. And the muscles are going to be very tight when you first start foam rolling, so it may hurt a little bit, so just be prepared for that.

So what I'm going to do is I'm going to cut my body in half. I'm going to work one side at a time. So, in my warm up, I want you to really only think that you're going to be rolling each area, each group of muscles, about three to six times.

Again, we're not trying to get a full release from our foam rolling session right now. We're just trying to loosen ourselves up and kind of open the body up. We're not trying to get after it for a while. If you did want to spend a lot of time foam rolling, feel free to do that at the end of your workout, OK?

So how we're going to do our lower body, is we're going to start, again, on the front side. We're going to do our hip flexor region first. Then we'll come down to our IT band, which is the complete lateral side of the leg. Some people will say there's no need to roll the IT band

because it's so tight, it's not going to loosen up. In all honestly, it just still feels good to me, and I like to hit it, and it just kind of works in the flow as well.

So we'll go hip flexor region, we'll go down to our IT band, then we're going to work the lateral quad, right? Then we'll go to medial quad, then we'll go to inner quad, and then we'll go to the adductor region. And we'll show how that's done.

So whenever you are foam rolling, you want to think that you're only using around 10 to 15 pounds of pressure. The more and more you get into it, the harder and harder you can go. There's really no definite number.

Some people say there is. There really isn't. So just do what gets you a release. But a more important fact is to foam roll on a relaxed muscle. You don't want to foam roll on a muscle that's taut and flexed.

Finally, when you are foam rolling, you're looking for what are called hot spots. So when you're rolling over a certain area, if you feel like, in the middle of it, or in the belly of that muscle, there's something real tense and feels like a knot, focus on that area, OK?

So I'm going to foam roll my hip flexor. I'll drop my right hip flexor right on the foam roller. And I can put this knee on the ground, or I can have my foot up, and I'll come down kind of on my forearms. You want to make sure that you do not-- any time that you're foam rolling-- let your back go into this extension. You want to keep a good braced core the entire time. So make sure to keep that engaged.

So now, when we foam roll this region, we literally just kind of find our little areas in the hip flexor region. And again, this is you going searching and finding your spot. You can twist the leg around, find where those spots are for you.

If it's a little bit lower, like it is for me right now, that's where I'm going to focus. You don't want to foam roll super fast either, OK? You want to make sure that you're rolling over those areas nice and slow, and you're identifying it.

So once we get to five to eight rolls-- it really doesn't matter-- again, we just don't want to go for an extended amount of time in the warm up. Then we're going to come to our IT band. So notice that, again, I'm looking for that flow.

So I just flow right into it, and I turn my hips to the side, and now my belly button is facing the wall. I'm going to put my left leg over the top, if I'm doing my right IT band, plant this foot on the ground, and then I roll that entire IT band. And what I do, when I'm rolling the entire area, I'm looking for the hot spots. And I have one right here that's a little bit lower, and I'll work over that region, right?

Essentially, what you're doing here, is giving yourself just a self-massage. If you can't afford a massage therapist, this is a great way to do it to yourself, OK? So after you hit that area for a little bit, what we'll do then, is we're going to turn our chest towards the ground, and we're going to bring this knee down, and we're going to get the middle part of our quad, OK?

And we're going-- just think about it, simply, in the center part of the leg, and you're going to find where those hot spots are. Are they closer to the knee? Are they in the belly? Are they up by the hip flexor region? Where are they at?

And, again, I'm not rolling through this super fast. I'm putting pressure on, and I'm finding where my spots are. The better and better you get at this, you'll roll, like, with the muscle. But for now, just think about getting right on that area nice and flat.

So what we're going to do when we get to the medial quad-- and I'm going to show this from the front at first. So we're getting our center quad now. What's going to happen to get that medial quad is I'm going to step this foot out and I'm going to turn my belly down, and now I have my medial quad right here on the foam roller, OK? Again, I'm not letting my back go into extension. I'm keeping a nice, good plank form, and I'm rolling what they call the teardrop of the quadriceps, OK?

Spend a little bit of time here, and then my next goal is to go into my groin and into my abductor region. So I put a soft bend in my knee, come over, and now I'm in my groin. And a lot of people are going to be very, very tight right here, OK, especially when you get deep. So understand that there's going to be a little bit of pain, but it'll be OK, all right? It's going to work through, and over time, this will really help you loosen up.

All right, so after that side, we don't want to be asymmetrical, so we move to the left side. We have, first, our hip flexor, right? So you can see-- and I can even-- you just turn where you feel it the most, right? You can feel that hip flexor right here going right up to that bone of your hip, which is called your ASIS.

And you can go down right-- I'm going to keep my leg up so you can see-- right above where the quad starts. And you just find what area-- and there I am right there. I'm going to release that little hot spot in the hip flexor region. And then, with my nice beautiful flow, I flow to the IT band, right?

Again, this foot is now over the top, and I'm using it to kind of push myself at the same time as using this arm. That's what you're going to notice when you first start foam rolling, is, like, how do I just move around? And it just takes time. You and the foam roller will become one sooner or later, OK?

So now, what's going to happen-- to get the medial quad-- I turn-- again, turn my hips towards the ground, drop the knee, keep that good plank form, and find the hot spots. What some people notice when they are foam rolling is if they take this knee and bend it, and kind of go

fishing around and see what they can do, they really open up that muscle and allow for it to have good rolls kind of going in there real nice and deep like.

So how I would do this, if I was going to switch to the medial quad-- and you're going to get a good view of my butt here in a second-- is I would step my foot out, come here, I'd even turn this a little bit, and then I'm rolling that medial quad, all right? Find those little hot spots, and then it's a soft bend of the knee, and you're going to go into the groin, OK? So that is how we roll our anterior lower body.

So now we're going to get to our posterior lower body, OK? Granted that we do a little bit of anterior stuff at the end, but it's just cause it flows well again. So what we're going to do first is we're going to get our glutes. Then we're going to go down to our hamstrings, calves, and then, honestly, we're going to turn over and get our tibialis anterior on the front side of our shins.

So if we want to get our glutes, what we're going to do is we'll have one foot planted on the ground, bring the other foot up in that L, kind of lean to the side, and roll the glute this way. A lot of people are going to have extremely tight glutes. So when you first do this, it's going to be a little tender. But this one clears up pretty fast. And you'll notice that you need to get a little bit more pressure.

Once that happens, you can drop this foot to the ground, open the legs nice and wide, and really grind in there. If you get to a point where you're no longer feeling this in your glute, that's when it's time to use the lacrosse ball. The lacrosse ball will get in there nice. It feels-- I think it feels great.

So again, anywhere from, like, five to eight rows in the warm up, get that glute, and what we're going to do now is we're going to shift to our hamstrings. So I come down-- and I'm going to move the foam roller so it's just used for one leg, OK? This is under both legs so I'm going to bring it to one side. So I have maybe about six inches of the foam roller inside my leg.

What I'm going to do is take my hands, pop my body up, plant my foot, I'm going to internally rotate a little bit, and I'm going to go deep into my hamstring. I'm going to try to get into that adductor region, also, from the back, real close up to the butt cheek fold-- gluteal fold is what we call it. This is going to be intense for some of you, especially with this internal rotation. And once you get better and better at this-- and this is a hard position to get in, but if you want to get the groin really, really well, you continue to internally rotate this leg, bend the knee, put the foot out, post up, and roll on it here.

This is a little bit more advanced. And it's very weird to get into at first, but once you get used to it, it's pretty easy to get into. But again, if you're just here, and you're working that hamstring slash adductor region from the post side with this internal rotation, that's fine.

Now what we want to do is we want to get the belly of the hamstring. So we're going to turn that toe up-- again, we're still posting on this leg. You can do pretty good back here when you start, but when you get more and more into it, you need to get more weight on to it.

So you're going to need to bring your chest up and over and put a little bit of weight. And I'm using this foot dominantly to push me, OK? Again, looking for those hot spots.

Then we would externally rotate and focus on the other side. Again, five to eight rolls for each section. Now we're going to come down to our calf, OK? I have it on my calf. I'm going to the same thing-- I'm to have internal rotation rolling, medial, and then I'm going to externally rotate and roll, OK?

Use the hands, post up, turn the foot in, roll just like so. And then you can come to where the toe is up and then externally rotate it. If you don't feel really any hot spots or anything, just take a couple of quick rolls, and then move through it. But if you do feel that hot spot, then really focus on that area.

So the last part of my lower body I'm going to do is the anterior tibialis, so dominantly, the muscle on the outside of my shin bone, OK? So what I do is I come up, I kind of get in this combat pose, and I'm going to put a lot of my weight down here, and I'm going to roll.

I even kind of trap my foot, but don't worry about that. It's OK. Again, the more and more you do this, the more and more weird techniques you're going to develop for yourself. But this one is going to make a lot of people kind of squinge in pain because it's very, very tight down here, but this is a very important place to roll. Because it's going to help with that dorsiflexion, or the picking up of the toes of your feet so you won't trip on flat ground.

OK. After that's done, we go back to the other side. And now we're doing our foam rolling on the right side.

So again, start with the glute, five to eight rolls. Find those hot spots. If you can't get deep enough, drop the legs. Open, really put that pressure in. Now we're going to go to the hamstring. Scoot back.

Again, this is the important part. People always forget this-- scoot the foam roller over. I have about six inches on the inside of my leg. Hand comes down to the side. I'm going to post up and come in, internally rotate the foot, focus on what we call the origin-- the closer region to the top of the butt of that adductor. If you're comfortable, turn the foot in even more, bend the knee, take this foot, post out, bridge up, and really get in there nice and deep like.

So now we've done a bunch of internal rotation stuff. Come to where the toe is up. And again, this one-- since I want to get way onto my hamstring-- I'm going to bring my hand over, bring my belly over the top, and roll here, OK? Again, five to eight rolls. If you don't have any hot spots, don't focus, just get a full roll. Do your external rotation and then move down to the calf.

Again, internal-- cool. We'll kind of rush through this one. Straight up and down. I wonder if they can hear my knee on the camera.

That's my knee right there-- oh, yeah. And then external rotation. Then we'll come up, get the tibialis anterior really-- and for me, I put weight on this, so this maybe a little bit contraindicated, but that's OK.

OK, so that's foam rolling our lower body. So now what we're going to do is we're going to do the upper body, and we'll do the back first. So, I'll do this to the side. When we are foam rolling the upper body-- and the back especially-- we don't want to foam roll our lumbar spine, so our lower back, all right? That is a stability joint and we don't want it to be super mobile, OK?

So what we're going to do is we're going to focus on our thoracic spine, which is from, like, the base of our neck in between our shoulder blades, and a little bit further down right above the lumbar spine. We want that place to be opened up.

So how we do that-- and if it's the first time doing this, expect some cracks and some pops and a lot of tension-- you're going to take that foam roller, put it right in between your shoulder blades, and you're to give yourself the biggest hug in the world. So what you're doing is you're letting your scapula come forward to open up those rhomboids in the traps.

So give yourself a big hug and roll that area between your shoulder blades. Don't go up on your neck like this, but just right in this location. And you're going to do a couple rolls where you're just straight on. And then, to really focus on one rhomboid and one trap, and all the musculature within it, you're just slightly going to tip yourself to the side. It is just a little tip, OK?

And you just focus on that area. You can see how this slide of my back is up off the foam roller now. And this is focusing-- and I have some good hot spots in here right now.

And then you'll do the same to the other side and roll that. Again, the shoulder blade's a little bit up off the foam roller now, and I'm focusing on this left side. After that, you're going to get to what we call-- well, it's the dreaded lats.

If you've never foam rolled your lats before, it's going to be extremely painful, OK? Extremely painful. It will get better, and you need to foam roll this area because one of the reasons we have so many shoulder problems is due to the tight lats that we have.

So the main concern of when foam rolling your lats is you don't want to foam roll over the floating ribs. So you just want to get the lat region from my armpit right to above the flow in your ribs. You can feel this musculature right here.

So if I was foam rolling here-- if I'm going to get to my lats-- if I want to get to my left lat, I'm going to bring my left hand up, left foot out, and I'm going to turn to the side. And I have my hand up, and I kind of use this-- my right leg-- as the pivot.

When you're first starting this, you're not going to be able to be off the ground, OK? I'm putting a lot of pressure on so you're most likely going to stay on the ground and control that pressure. But the better and better you get at it, you can pick yourself up and really foam roll the lats, OK? This is intense. And again, you don't want to foam roll over these floating ribs. You can break them. You don't want to do that.

To get to the right side-- and again, this is stuff that you can mess around. You can mess around with your hand placement. Again, that's going to change all the musculature that's going on down there. But now, to get to my right side, I'm just going to beautifully come over to this side.

Now I'm using this leg as my pivot. I even kind of use this leg as my pivot, too. And this one is actually a lot better than my other one.

OK, so that's thoracic spine and lats. Now we get our chest. Yes, you can foam roll everything, OK?

So our chest-- what you're going to do is take the foam roller, put it in front of you at an angle, OK? So if my body's straight here, this is an angle from my right pec.

You're going to kind of get-- the position to get into, everyone has a hard time with. I prefer to have my knees down and my butt straight up in the air. And I'm putting weight down on my pec. Other people come up on their toes.

But essentially, what you're going to do is take-- is we're foam rolling this part right here, OK? So we're and take our hand, come down in here, and work this area. I use this hand to move myself. I honestly practice a stretch back here at the same time. But that's when I try to get the most bang for my buck with everything I do.

But again, just kind of being in that butt up position and mess with the hand placement to find out where you're tight. And right now, with my palm down, really proximal in my pec, that's where I feel it. Sometimes if I internally rotate the shoulder, I'll feel it more here. But it just depends on what you've been doing.

And again, don't let your back go into extension when you're doing this. Keep a nice, braced core. Switch to the other side, OK? Again, five to eight rolls here. In the warm up, do longer rolling than the cool down, find your hot spot, and work through it.

So the final thing that we're going to do for rolling our upper body is we're going to roll our triceps. So when I do that, I'll come from this squatted position. If I'm going to do my right

tricep, I bring my right knee forward, OK? You don't have to sit in this 90-90 position, but it is what it is.

So what I'm going to do-- supinate my hand, OK? Bring the back of my tricep on this foam roller. This leg is going to pivot me, OK? This is a lifesaver to have with this because it's kind of hard to move the foam roller in this position.

But if you learn how to make this leg your pivot leg, it works really, really well. And just like with everything else, turn that arm, find out where those hot spots are. Maybe you come to where your arm's bent, and external rotation.

Now that's not really it for me. Right here is for me right now. It's right close to the insertion and my palm down a little bit. So you just find that area and work it. And if you want to be cool, come up, sit this leg through, angle it the other way, put the arm down, and again, use that down leg for the pivot, OK?

It's important to roll these triceps, especially if you're trying to do stuff like front squats and all that kind of stuff. Because if you can't get a good rack position, a lot of times it's because of super-tight triceps or lats, or a lot of stuff going on there that we're focusing on.

So that is a very quick tutorial with soft tissue work on myofascial release, OK? Feel free in your warm to scoot through this stuff, OK? Just use it to kind of warm yourself up and prep yourself for the mobility section. What I kind of wanted to do was at the end of each section, if we have questions, I'll answer questions on that. Do we have any right now?

KAITLIN HENNESSY: Ramon, one question is, what causes these hot spots that you're trying to get rid of with the foam roller?

RAMON SODANO: I mean, it could be a numerous amount of things. It could be just from natural tightness that you have from a previous work out that you did where the belly of the muscle is real tight. It could be from asymmetries that you have, like you're really tight on the front side of your body compared to the back side of your body or that one arm is stronger and the other arm isn't and so it's having to compensate for it.

It could be that my hips are really tight, but my ankles are really-- or something's really tight, so another area is having to compensate for it. So if my hips are really tight, maybe my lower back or my knees have to compensate for it, or vice versa-- that kind of joint by joint approach. But there is numerous amount of reasons why those hot spots could be happening. It could be from you sitting all day in a desk and things like that.

But there is no one answer. Is that the only one? OK, cool.

So this next section we're going to get into-- and if the freakin' mic falls off and stuff, we'll work with it, but we'll try. So this is our mobility section. And this is our stationary mobility stuff. So

for this four-part workout, I'm showing you two different versions of the center-- the dynamic mobility and the dynamic running. So right now we're going through section one.

So when I devised this, my goal was to create a mobility sequence that has the most bang for your buck, right? You're going to hear me say that a lot as I'm doing everything for the most bang for my buck. I'm trying to get the most things in in one movement, OK?

So going through this sequence, I'm going to show you the most regressed version, I'll show you a little bit more of a progressed version, and then I think I even have another progressed version. And then you can just freestyle with it, right? You make certain things up. You find out where you're tight. You see these certain things and you do whatever it needs to be in these positions to help you loosen up.

So what I'll do is show the very, very first version, and then we'll work through what it looks like to get more and more and more advanced. This thing, and the second part that I'm going to do - I guess the third part-- is what I will-- if I don't do anything but one thing for the rest of my life, it's these two sections, right? This is what makes me feel better every single day.

So what we're going to do for our stationary mobility sequence is what I call a walk-out sequence, OK? Everyone has seen versions of them. It's very yoga-ey, but it's also very athletic-based. So I'm going to try to incorporate stuff for my shoulders, my lower body, my core, and everything. So I'll first do it facing you, and then I'll do it to the profile, OK?

So the very first motion that we're going to do in our walk sequence is just a forward fold-- a toe touch. If you can't get to the ground without bending your knees, slightly bend your knees and get down there, OK? Some people are going to tell you that doing a hamstring stretch or a toe touch is bad for your lower back because it is causing curvature of the spine. You're in an unloaded position. You're fine. It's not going to kill you too much, OK?

So our first motion is come down and touch the toes the best we can. If we have to bend our knees, that's OK. So we're here. Just take maybe two breaths. And what we're going to do now is called a walk-out sequence because we walk out to a low plank. And now we're in this push up position.

So from here, what I like to do is I like to at least do three push ups. You can just do one if you want. We're just trying to get the chest involved a little bit. And then we're to sit back into a downward dog and really stretch out our shoulders and our calves. So push back, really let those arms come forward, and push your head back and deep exhale.

Now to really involve the calves, we are going to walk up just a little bit and we're going to walk the dog. So push one heel towards the ground as the other comes up, and back to the other side. And we'll do this three times on each side.

After that, we come back down to our low plank, and now we're going to come to a deep lunge. So we're bringing this foot up-- and this is the most aggressive version, right-- so this is all we're going to do at this point. We're going to try to bring that leg up. It's going to be very difficult for a lot of you, OK? This is a deep lunge. We're really trying to open up the hips. This is why it's nice to foam roll before this, right?

So hold that for a couple of breaths, bring it back, bring the next one up. Good breath. Bring the foot back, and we're going to walk ourselves up. Hold and stand up. Now we're going to do it from the side.

So again, this is the most regressed version. Feet together, come down, try to touch the toes. If you can, really get a good stretch. Walk your hands out to that push up position. We're going to keep our elbows in tight. Don't flare them out. Keep them in tight. One, two, three, and then push back into that downward dog. And right now we're focusing on the shoulders.

And now step the feet up just a little bit, and we're going to walk the dog. Push the heel down, push the heel down, heel down. One more on each side-- boom, boom. Back to our low plank-- or high plank-- my bad.

And now we're into that deep lunge. Try to step the left foot on the outside of the arm-- good deep lunge, right? Take a couple of breaths, put that foot back, step the other leg up, nice deep lunge. Foot back, and now we're going to walk it back to the top-- and good.

OK. So that's the regressed version. That's where a lot of us are going to be. And you're going to be there for, like, four to six weeks, and that's cool, OK? Do not expect this stuff to be easy. It's pretty difficult, OK? So, in the next version, the only thing we're going to add is we're going to make that lunge step just a little bit deeper, OK? So we'll kind of rush through it until we get to that lunge station.

So come forward, touch the toes, come here. Let's just do one push up for now. Go to the downward dog. Walk the feet forward. We're going to do three dog walks-- or I have no idea what they're really called, honestly. Come back to our plank.

OK. Bring that foot up. Now we're going to take this elbow and try and drop it to the ground, OK? If you can, what you're going to do next is try to get them both to the ground, OK? This is when you're becoming pretty mobile and pretty flexible, OK?

So it is nice to have these on the ground. And you would kind of come back up, go to the other side, bring that elbow down. If you can, bring the other elbow down. You're trying to keep this foot flat. Don't let it come over to the side like this or anything like that. Get back up to your hands, walk back off.

To the side-- again with the toe touch. Walk forward. Let's do one push up-- boom. Down dog, then the feet forward, walk the dog a little bit. Again, you'll be taking a little bit more breaths

than this. Come back to that plank, foot up, outside arm, comes down. That's your first one. Try to get both arms down. Chill.

Come back up, switch sides, this arm comes down. And you know, I'm sitting into my hip. Don't let this happen, OK? I'm sitting down into my hip, and it feels great. OK. Walk it back up. Again, hold that stretch.

So, that's a little bit more of a progressed version. Now let's get-- let's start adding more things. Again, we want the most bang for our buck. The body moves in rotation, in flexion, and in extension-- in all kinds of different ways. So let's add some of those movements in there, OK?

So what we'll do-- again, touch the toes, walk yourself forward, do your push up, do you down dog. Imagine that walk the dog a bunch of times. Now we're going to bring this lunge up, elbow down, elbow down.

Well, let's do this here first. With your hands down, what I want you to try to do-- keep the inside hand down and rotate to one side, OK? Put that hand down, and then rotate to the other side. If you can, try to be down here and rotate, and then place this hand here and here. It's super hard if you try to keep this hand down and rotate. And I'm not even there yet so it's pointless.

Again, so the other side-- bring the foot forward, drop the elbows. See if we're good at keeping his elbow down. Rotate, follow the hand with the eyes, place the hand down, rotate the other way, follow the hand with the eyes.

So now what we're going to do-- when we bring our foot back, we're going to do what's called a frog stretch. And I'll just show you from the side right away. So you're going to bring your knees down, and you're going to turn your toes out. Plank in the ground. Push yourself back.

I know this looks a little weird, but this will save your squat, OK? This is called a frog stretch. After holding that for a couple breaths, come back up, and walk to your toes. So we'll do this more advanced version one more time to the side.

So, toe touch, come forward, push up, down dog, walk the dog. And there's more things you can do with this walk dog. When I drive this heel down, if I want to get more of a stretch back here my calf, I just push myself back and do it more-- bring that one down. Push myself back and do it more. And you'll really feel that go up the back of your leg.

So again, go to that deep-- ooh. Come to that deep lunge, drop elbow. If you can, drop both elbows, rotate, bring the elbow back down, rotate the other way-- again, following the hand with the eyes. Other side, drop down, rotate, rotate, and do your frog stretch. Hold it for a few seconds, and come back to the top.

All right. So one thing-- I'm starting to sweat now. One thing that we are missing here is we're not really hitting our glutes, OK? So what we're going to do now, for the final version, is we're going to throw a pigeon pose in there, OK?

A pigeon pose can be a little hard on the knees when you don't have the proper flexibility, so don't force the position. Let your body go where it wants to go, and we'll talk about that here in a second.

So again, same sequence-- touch your toes, walk down, do your push up, down dog, walk the dog. OK, we're going to come here, do our rotations-- OK-- other way. So what we're going to do next is we're going to work this glute. Take this foot-- bring it into a pigeon pose, OK?

So your goal is to get this perpendicular with your body. But a lot of you are going to start back here, which is fine. If you don't have the flexibility to be here, and you try to get here, it's going to put a lot of pressure on your knee. So we hold this position. And if you want, you can come down.

What happens is a lot of people come down really deep. But what's happening is there's this fold at the back, and you're not actually getting-- like, since you're rounding at the back, your glutes are no longer having to do the stretch. So to make this extra hard, try to keep a little bit of this back arch. And maybe even bring your hands over your head and try to come down as far as you can without letting that back fall forward.

But again, if you want to come down here, it's going to work out and stuff. Just do what you feel is best, all right? So then we go to the other side, elbows down, do our rotation. Grab this foot, bring it in, come down to that pigeon stretch. If you can stay up here, this is really good. This means that I'm active, right?

OK, I can come down to the forward fold if I want. I'm going to bring the hands above the head, hold it here, keep a nice arch in the back, and then go back into that frog pose, right? Hold it a couple of breaths. Hop back up, and here.

Just to show the pigeon pose from the side, we're really hammering this away. So hopefully, these repetitions really remind you guys of exactly what we're doing. Toe touch, walk forward, push up, down dog, walk the dog.

And again, if you really want to call it a good stretch, push yourself back, or even lift this leg and try to keep this toe facing the ground the whole time. Don't let it turn out. Keep that toe in the ground the whole time. And it's pretty awful.

Anyway, come here, do your lunges, rotation, cool. Again, take the foot, bring it over, sit down in that pigeon pose. See this nice little arc in my back right now. If I bring the hands up, I come forward. That's about all the stretch I have right there. But if I let the back fold, I can come down here. Again, I'm actually getting more of a stretch in my glute like this than I am here, OK?

Bring yourself to the other side. Lunge, rotate, hand down, rotate. Bring the foot in, pigeon, hold. Bring the hands up if you want, come down, I don't really care. OK, I forgot the frog stretch there.

So those are the main sequences with the walkout sequence, OK? I tell people to freestyle with it. Once you get the basics down, which is the forward fold, the push up, the down dog, and the lunges, then add what you want to it, OK? There are certain things that I like to do for activation-wise.

Like when I'm in my push up position, before I do my push-ups, sometimes I only do scap push-ups-- right-- to really work that. Then I'll go into my full push-ups.

Sometimes, if I really want to get my glute, I'll come to this position. I'll fold down. I'll put one arm here and rotate to one side. Put one arm here and rotate to the other side. I just started working on those, so those are a little hard right now.

But for where you should start, we're going to do it one more time. Start with the forward fold, walk forward, three push ups keeping your elbows tucked, coming back to the down dog, walk the feet up a little bit-- one heel up, other down-- walk the dog three times on each side, come back, lunge, come back, lunge, and then walk it back up. That's number one. Get that down, and then start messing with all the other stuff.

Is there questions? I'm sweaty.

KAITLIN HENNESSY: And what did you call this section? Was it dynamic mobility?

RAMON SODANO: This is called-- this is mobility. Dynamic mobility is more when we're walking and stuff. But the reason I call this dynamic mobility, is the second when we go through the other styles of dynamic mobility and dynamic running, that's where my warm up philosophy started. And, like, when you're doing walking knee tucks and stuff like that, that's dynamic mobility, right, because you're moving back and forth.

So this walk-out sequence is replacing the moving, and creating a dynamic mobility sequence in place. And then the next part is dynamic running. But what we're really going to be doing is a lunge matrix, because it's taking part-- or taking where all the high knees and stuff would be at.

KAITLIN HENNESSY: And should any of these be done differently if someone has a low back mobility, such as fused spine?

RAMON SODANO: Yeah, so if you have a fused spine, that forward fold is not really going to work for you to well-- especially if it's your lumbar spine, because you're not going to allow that curvature for it.

But what you can do is really just focus on that hinge, and keep a nice bend in the knees and come down. And then kind of just walk down from here. Or start in that plank position and try to work it out.

But when your spine is fused, lot of this stuff's going to be really, really difficult. So I would check with your doctor first, and what they think. Not really a doctor, but a physical therapist. Any the other ones?

KAITLIN HENNESSY: And we do have two questions, going back to the foam rolling. One is-- what should we look for in a foam roller when we're looking to purchase one, such as materials or dimensions? Or are they all basically the same?

RAMON SODANO: They're not all basically the same. I really like getting the longer ones, because they'll have like six inch ones. But like, when I'm doing-- where I'll bring this on the inside of my leg, like so-- it makes it a lot easier. Yeah, toss me that.

This is one of those. What is this-- a foot-long one? So this here is a little bit harder to use. I prefer these ones.

So if you can, what I will suggest-- and we're not sponsors-- but if you see at the far end of this, it's Perform Better. They have really nice foam rollers. Not sponsored-- but they got good quality stuff on there. So get a Perform Better foam roller. And I'd get the three-foot-long ones. Is this about three feet? Yeah.

KAITLIN HENNESSY: And the last question is a clarification for someone that likes to do biking. Should they do foam rolling before or afterwards?

RAMON SODANO: You can definitely do a little bit of foam rolling first. You know, again, quick. But then afterwards, you're going to love the foam roller. Yeah, lay on that thing and let yourself open back up.

If you foam roll for a long period of time, it's really going to put you in a meditative state. It puts you back in that parasympathetic state, and really brings everything back to rest. So after you've pumped your legs a bunch cycling, feel free to foam roller for a little while.

And again, you can foam roll beforehand. But just don't spend extended periods of time on it. Because then you're going to get yourself more in that kind of parasympathetic nervous system, which is much more of a resting nervous system. That's it?

OK, so we have done the soft tissue work section. We've done the mobility/dynamic mobility section. Now, what we're going to do is we're going to go into our dynamic running section. But when we're doing stuff stationary, what we do is a lunge matrix.

OK, so let's get these out of the way.

When we do a lunge matrix, we do a three-dimensional lunge matrix. You have to think of the body working in three dimensions, right? And it works in different planes of motion as well. And you watch you train your body in all those dimensions and planes. Right?

We all know the dude who only works the front side of his body, and just does everything in the sagittal plane. There's no rotation. There's no moving to the side or anything like that. You want to be symmetrical and you want to work all these areas that are given to us. So when we do a lunge matrix, we focus on all three dimensions. OK?

And again, just like with what we did with the mobility, is I'll show you the most regressed version. We'll do an intermediate version. And then we'll do an advanced version. We'll only do three. But the main concern-- and again, we're thinking global. We're trying to get the most bang for our buck.

So the simplest way to think about a three-dimensional lunge matrix-- and any time I do a lunge matrix, I'll tell you I go around five times. We're going to probably do a bunch more right now since we're showing different types of lunge matrices. But if I was doing one I had three different types of lunges, I would go around five times.

So a typical lunge matrix-- again three-dimensional-- you're going to start with just a forward lunge. And then we're going to do a lateral lunge. And then we're going to do a rotational lunge. OK, so we've worked all three dimensions that the body can work in. Right? And now we rotate. And we rotate.

OK, so three dimensions that we're working in. So now let's talk about some caveats with that-- some important factors. Any time I lunge, when I'm lunging forward, or I'm in this lunge position-- I'm just going to get down here-- we want to make sure that our knee is not coming over our toe. And the weight of our body is in the heel of our front foot when we're going forward. OK?

So when I do lunge forward, I'm here. And my knee comes about an inch from the ground. It doesn't tap the ground. It comes really close, and back. And the weight of my body is in the heel of this foot. I can wiggle these toes. OK?

When I do those lateral lunges-- with the leg that's straight, again, think globally. I'm going to try to get the most bang for my buck. So that leg that's straight-- I try to keep that foot flat on the ground. Because I'm working that ankle mobility at the same time that I'm working this hip mobility.

So when I lateral lunge, if this leg's straight, I try to keep that foot flat. Right? I'm working the mobility of that ankle. I'm working this mobility here. I'm working the mobility of that ankle. I'm working mobility here.

When I go to the other side-- this is the ankle I just broke-- so it's not too bad right now. But again-- so I'm trying to think. Also, if you do let this foot come up, it can be pretty bad on your MCL. So just focus on keeping that foot down.

Just like with the forward lunges, we don't want the weight going over the toes. So when I do this lateral lunge-- I'll do it to this side-- I shoot my butt back. And I come here. OK? So that's important.

And the same thing-- like when I do my rotational lunge-- and you'll see. I'll do it with my bad ankle forward. So when I rotate to the back I try to keep this front foot flat. Because it really works the mobility all down here in the front side of the ankle.

And that's like I'm super limited right now. So you'll see, when I try to do the step and come down, you'll see my foot comes up quite a bit. Because trying to hold it down a lot is really hard. But I want to be able to sit back into this heel. There goes my balance. I'll maintain this position.

So there's a lot of stuff right there, with that kind of the form of the lunges. Main thing-- just make sure that your weight isn't going over your toes, and you're causing a lot of undue stress on your knees.

So the first lunge matrix-- forward lunge. Forward lunge. Stay to the left. Lateral lunge. Lateral lunge. Rotational lunge. Rotational lunge. OK. Go around five times. That's a good lunge matrix right there.

So when we want to make it a little bit more advanced, we'll add another section into it. So you'll do your forward lunge. Do your lateral lunge. And all we're going to do is, we're going to add one lunge to this after the rotational lunge.

All we're going to do-- we're going to step back and lunge. Step back and lunge. Simple, right? We're going forward. We're going to the side. We're rotating. And we're reversing. Cool. OK. So I would still consider that a beginner version. OK?

So now we're going to move on to the novice version, or the intermediate. My bad-- yeah, novice is beginner. So intermediate version.

Now I want to start incorporating stuff for my upper body, right? I don't want to just do my lower body stuff. And I want to work coordination. And the basic coordination we want to think with these kinds of things is-- right arm, left leg, left arm, right leg. Just like if we're running, right? It's right with left, left with right.

And then we're going to do big global movements with everything that we're doing. If I'm going to step forward with a lunge, I'm going to take a big step. I'm going to walk like a giant-- super exaggerated, and really try to get a lot of motion in the hips.

So we'll do the one that we just did with the four areas. But now we're going to start incorporating the upper body. And we're going to start incorporating big global movements.

So we're going to do a big step. And then when I'm here, I'm going to reach to the front of the room, and to the back of the room. OK. Right arm, left leg. Bring it back. Big step-- reach to the front of the room, to the back of the room.

With my lateral step I'm going to take a big step out, and I'm here. OK? Arm comes across the body. Left arm, right leg. Bring it back. Big step. Bring it here.

Same thing with our rotation step. Big step. Bring it down. Big step with the arms. Bring it down.

Now with our reverse step, we're going to bring our arms over our head as we do it. That's going to challenge our hip flexors. Make sure when you do this that your ribs don't come up. Keep your ribs down. Step back. Arms come overhead. Step back. Arms come overhead.

So do that again. So intermediate version-- big steps, big global movements of the hips. Really open them up. And use the upper body-- opposite arm, opposite leg.

So we'll do it to the profile now. Big step forward. Reach to the front of the room. Reach to the back of the room. Big step forward. Reach to the front of the room. Back of the room.

Big right. We're working this big rotation. Rotational step. Well, it's a later lunge, but you're working rotation of the hip.

Big step over. Now to that rotational. And you can even, if you want, to take this hand and scrape the ground. Step back, lunge. Arms above the head. Step back, lunge. Arms above the head.

OK, so that's our novice version, or our intermediate version. Right? So we're incorporating big global movements of the lower body. And we're adding stuff in from the upper body to challenge everything. And we're adding a little bit of coordination, right? Right arm, left leg.

So finally, what we'll do to make this an advanced is, we're going to add a balance aspect to it. OK? So what we're going to do is, we'll start with a single-leg RDL with a reach. And then we're going to step forward into our lunge. So this is going to be difficult at first.

So one knee's going to go up. And we'll push it back. Reach my arms forward. Step forward into my lunge. Come back. Single-leg RDL. Come forward, and reach. OK? So that's the new portion that we're going to add to this.

So some things with that single-leg deadlift with an RDL-- your goal when you're reaching this foot back is to make sure that this toe points towards the ground the whole time. You don't want to rotate your foot out like this.

You want to keep your hips square to the ground. So if I had headlights on my hips, they would always face the ground the whole time. This is an area that we all are pretty difficult at. This is something I'm still getting better at. So it's just a good cue to remember-- always try to keep that back toe towards the ground the whole time.

So when we add the single-leg RDL with a reach, along with the other areas of the lunge matrix, it will look like so. So sit back. Reach. Forward. Arms. Come back. Back reach. That foot comes out. That side's more inflexible on me.

Then we go back to our big steps to the side. Big steps with the arms to the side. Rotation. You see how I bring the arms with it. And then overhead. OK.

So that's part three of our lunge matrix-- three-dimensional lunge matrix, trying to utilize lower and upper body in coordinated patterns. Questions?

KAITLIN HENNESSY: Yes, we have one question that asks, how long should all four of these sections take altogether?

RAMON SODANO: If you really do it well, you can get done in about 15 to 20 minutes. Yeah, you've just got to flow with it. The first time you start it, it'll take like 25 minutes or so.

But spend time on your warm up. Don't slack on it. Me specifically-- I do a bunch of other stuff. My warm ups take about 30 minutes. But I work at a gym. So I understand that time's limited, you know, for other people.

But all this stuff- foam rolling, dynamic mobility, the lunge matrix, and even when you do band activation stuff-- you can get done in 15 to 20 minutes. You just got to-- we're talking a lot right now.

KAITLIN HENNESSY: That's all the questions we have right now.

RAMON SODANO: OK. Cool. So the very final thing we're going to do-- well, not the very final thing we're going to do-- we'll go back over dynamic running and dynamic mobility in the other section-- but we're going to do some sort of activation. OK?

Simplest way to think about muscle activation-- and again, it can be done at all different areas of the body-- but what you're trying to do is, for lack of a better term, you're trying to wake up the small musculature that causes creates the stability at joints.

What tends to happen a lot is, people utilize their prime movers-- the movers that are trying to do the pushing and the pulling-- for stability as well. Which overworks them. And then does not allow for good posture, or joint mechanics, or those kinds of things, and can result in injury.

So when you do muscle activation activities before you train, your goal is to kind of connect your central nervous system to that small musculature, to be like-- hey man, wake up. You need to stabilize right now. That's it, very simply put.

And one of the favorite ways that tons of people do this is with mini bands. So this would be a muscle activation for our glutes. OK? And we're just going to kind of go over some of them. We're just going to do walks. We're not going to do any kinds of jumps today.

So just so you know, when working with mini bands for the lower body, there's really a couple of locations you can do it. Above your knees is the easiest. OK? Below your knees is a little bit harder. Below your ankles is the second hardest. And then around your feet is going to be the hardest.

Think about though hips-- the fulcrum point. So I'm creating a longer lever, or a longer moment arm to, overcome that fulcrum. OK?

So we'll do our stuff today at the ankles. We're going to three styles of walks. All right?

We're going to do lateral walks. We're going to do what I call a cowboy walks. And then, some people call them monster walks. I call them cowboy walks. And then we'll do X walks.

So the main focus with anything that we're dealing with the bands-- whether it's going forward or to the side-- is we want to keep our toes facing forward. And we always want to make sure there's tension on the band. We never lose tension. There's always tension on the band.

So I would suggest to start with 10 steps one direction. Bring it up to 15, up to 20. The distance I typically do is a full basketball court. So it's however you want to do it. Again, if you don't have a lot of room, you got to work with where you're at, and then just increase your reps.

So if I was going to do lateral walks-- and what this is going to do, it's going to wake up my gluteus medius, right, which is a really underutilized muscle. If I was going to walk to the left, my goal is to step out as wide as I can, and come back in as close as I can without losing tension. I want to come in as close as I can, but not with lost tension. I want to keep it tight.

So I step out. Come in. I do a certain amount steps this way. Say, I do 10 steps to the other way. Right? And my main goal is to keep my toes facing forward the whole time. I don't want my toes to turn out and my hips to turn. That way it's going to really keep my gluteus medius engaged the entire time.

OK, so you could do 10, 20, 30 steps to one side. If you have a small location, five, five, five five. OK? So this is waking up some musculature that's going to help stabilize, for lack of a better term.

So our lateral walks, right? Step. You want to make sure that your knee and foot kind of step at the same time.

So now after I do my lateral walks to one direction, I'm going to do what I call my cowboy walks. And the reason I call them my cowboy walks is because I feel like you look like a cowboy walking up to a gunfight.

So you're going to bring your legs as wide as you can. And you're going to put a soft bend in your knee. And again, those toes stay forward the whole time. There is no way to look cool doing these. OK? That's I tell all my clients-- that there's no way to look cool doing these.

So when we're in this position we never lose this width. So what we're going to do-- we're going to let our guns out. We're going to do a little cowboy walk. And you just walk forward. And you walk heel-to-toe, keeping those toes facing forward.

Once you get to your distance you walk backwards, making sure that you keep the band as wide as it is the whole time. I don't want to see is, as you walk, the band pulls your legs in. You control the band. The band does not control you. OK?

So again, your legs are real wide. Toes forward. Slight bend in your knees. The longer you make the knees, the longer you're making the levers, so the harder it is. It's always good to have a good athletic stance.

And when I walk with this, I walk right arm, left leg. Right? So I'm here. And again, no way to look cool doing it. And then you'll back it up, keeping those toes facing forward. You're going to feel that your glutes, extremely.

The final one is what we call X walks. OK. X walks is-- I'm going to start in a neutral position, toes facing forward. And step out diagonally. Bring my feet together. Set them down. Take a step in the other direction.

My main goal, again-- not twisting my hips. My hips face forward the whole time, and so do my feet. So if I step with my left, my right's going to come out.

So step here. Put the foot down. Step here. Put the foot down. Once I get my distance, I'm going to back it up, keeping those toes nice and straight.

So you have your later walks. You have your cowboy walks. And then you have your X walks. I promise you, if you do that for a half-court distance down and back, your glutes are going to be on fire.

There's a lot of other things you can do for activation. This is just one example. What I would suggest to do is, you can look up shoulder activation, core activation, all that kind of stuff. But in all honesty, this is a great one if you're doing lower body work. If you just did the first three portions of the warm up, you'd be all right, too, since there's a lot of activation stuff in there.

A big one I would suggest to look up is shoulder activation. Because a lot of times people need to learn how to stabilize their scapula to protect their inguinal femoral joint and stuff like that, and not cause issues there. And that's the simple as doing scap push-ups, scap pull-ups, and stuff like that. Turkish get ups.

Just to give an example, the dynamic mobility and the dynamic running section of the other portion is what you've seen before when you've gone to PE class and stuff like that. It's just when you have a lot more area. So dynamic mobility would be like, your walking knee tucks, your walking quad reaches, that kind of stuff. Like if I was doing sit-back toe touches.

And I'm moving. So I'm dynamically doing mobility drills, right? You've all seen that stuff before.

And then your dynamic running would be like, your high knees, and your skipping, and your carioca steps, and things like that. I'll just tell you, the ways that I put those together is I do linear stuff first. And then I do lateral stuff. And then I do what's called coordination stuff, or motor learning stuff.

So if I was doing dynamic running, I would do high knees, butt kickers, back pedal, backwards run. There's my linear.

Then I would go lateral. Maybe a lateral shuffle, a carioca step, and maybe a lateral arm swing. And then when I got to my coordination stuff-- forward skips, A skips, B skips, reverse skips, all that kind of stuff.

I take too long when I do these webinars. So I apologize. So maybe we'll talk about those some other time. But thank you for coming. And do we have questions? Yeah, OK.

KAITLIN HENNESSY: There is a question that asks, where's the best place to get the bands that you were working with for the cowboy steps?

RAMON SODANO: Remember that Perform Better place? Perform Better's got them. Honestly, if you just go to Google and type in mini bands, and/or versa loops, they'll show up.

And it just depends on what brand you get. Usually yellow is the lightest. Red or green is the same. They're like, the second lightest. Blue, and then black. These things are a wonder. And you can do all kinds of shoulder activation stuff with them, too. Any other questions?

KAITLIN HENNESSY: Excellent. That's all the questions we have right now. And I would like to ask everyone to please let us know what you thought of tonight's event, and what you'd like to

learn about in the future from Ramon, at connections.wsu.edu/eventsurvey. And thank you so much. Ramon.

RAMON SODANO: Thank you. And remember-- soft tissue work, mobility, dynamic running, or lunge matrix, and then band activation. Cool stuff.

[MUSIC PLAYING]