



## WORKOUT

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## **Optimise performance by improving...**

# MOBILITY

**Forget stretching! Mobility and foam rolling are the best ways to reduce your injury risk**



**Modern life is often a contrast of extremes – we either sit idle at a desk working hard for eight hours a day or we're outside training intensely to push our boundaries and achieve our goals.**

This leaves little time for the in-between 'stuff', like regular movement throughout the day or a proper warm-up that helps our body transition from its tight, chair-moulded form to an agile and efficient machine ready to go all out during a sprint or hill training session.

This combination of a more sedentary lifestyle, which is devoid of regular activity, has led to weak muscles and immobile joints, particularly in the areas essential to efficient, injury-free movement during exercise.

When we make these wild swings from a state of inactivity to all-out intensity, we're more likely to pick up a niggle or injury. **Only then do we react by paying closer attention to our soft tissue and joint**

health.



What we need instead is a proactive approach that helps to restore and maintain natural movement and function to muscles, ligaments, tendons, fascia and joints to reduce our injury risk and boost our performance.

The best way to achieve this is with a regular mobility and foam rolling regimen, along with an adequate pre-workout routine.

## **Activate before you participate**

**Forget static stretching that isolates individual muscles before a training session or race.** We now know that the body functions as an integrated system, which means a dynamic warm-up that includes multi-joint movements and mobilises multiple joint structures is more effective.

## Dynamic mobility drills

help to switch on neural pathways that prepare the body for the movements that follow. These drills can also 're-teach' the body how to move more effectively.

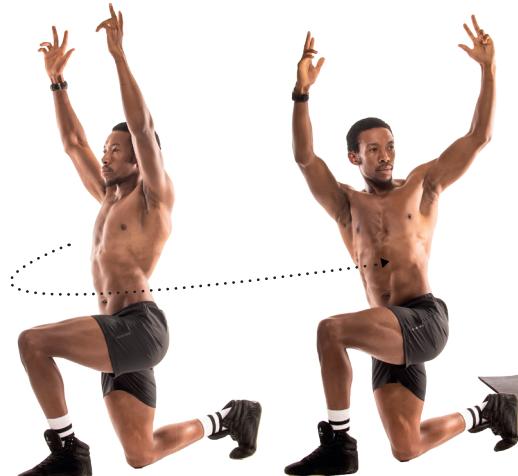
The key is to perform the correct mobilisation drills for your specific activity. There are, however, common areas we can all focus on, whether you're a runner, cyclist or swimmer, to unlock and free the joints affected most by our modern lifestyles.

# MOBILITY SEQUENCE

## 1 / Walking lunge with overhead reach & rotation

REPEAT 5 TIMES ON EACH LEG

**START:** Perform walking lunges. **A**) Each time your trailing knee drops down, reach your hands up over your head. **B**) With your arms raised, twist your torso to one side. **C**) Extend back up as you lower your arms and repeat with the other leg, then twist your torso to the other side.



## 2 / Squat stands

REPEAT 5 TIMES

**START:** From a standing position, **A**) bend over and grab your feet by your toes. Hold your toes as you drop your hips down into a deep squat. Push your chest through and up and pick up your head to maintain a neutral spine. **B**) Push out your knees to either side of your elbows. **C**) Drive your hips back up by straightening your knees. Drop your head as you do so.



## 3 / Hip flexor stretch with kneeling dorsiflexion

PERFORM 5 THRUSTS ON EACH SIDE

Keep your  
heel flat on  
the ground  
throughout the  
movement.

**START:** Drop down into a half-kneeling position. Position the foot of your leading leg beyond your knee. **A**) Straighten the hip of your rear leg by pushing your hips forward. Hold the stretch for 30-60 seconds.

**B**) From this split kneeling position, lean forward and drive your right knee over your toes. Pause for a second at the end of your range of movement, then return to the starting position and repeat. *Repeat entire sequence with the other leg.*

## 4 / Knee hugs

REPEAT 5 HUGS ON EACH LEG

**START:** Stand upright and brace your core. **A)**

Drive one knee upward, grab it with both hands and gently hug it into your body. **B)** Place it back on the floor and repeat with the opposite leg as you step forward with each hug. *Alternate this movement between legs.*



## 5 / Leg swing complex

REPEAT 5 TIMES ON EACH LEG



## 6 / High knee to single-leg deadlift

REPEAT 5 TIMES ON EACH LEG

**START:** Stand with a hip-width stance and bent knees. **A)**

Drive one knee up towards the torso while balancing on the other leg. **B)** Drive the raised knee backwards, under control and extend it behind you while you hinge at the hips to perform a single-leg deadlift. Tilt the torso forward until you achieve a table-top position. Keep the movement slow and smooth. Hold the table-top position for a count then repeat the movement sequence up to five times before switching legs.



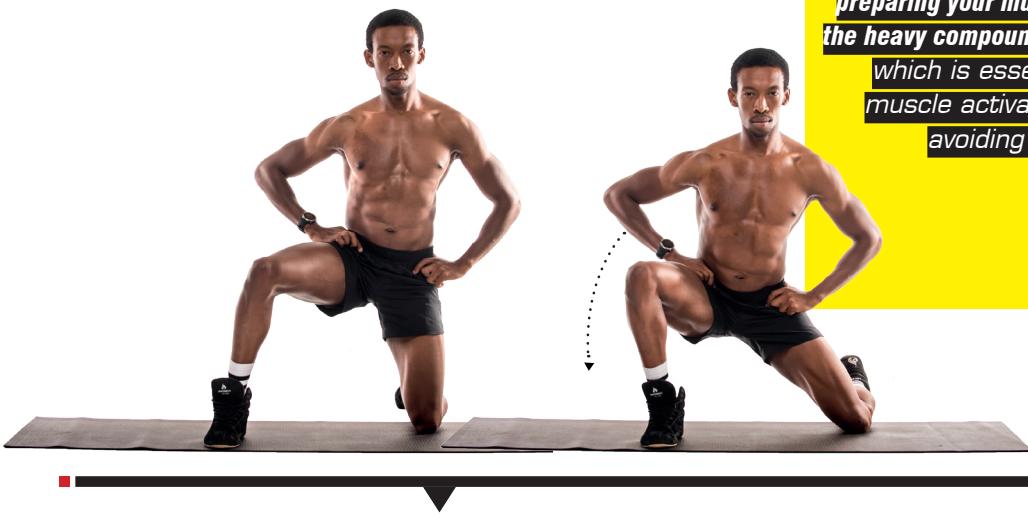
**START:** Stand upright. Brace your core and shift your weight onto one leg. **A)** Swing your 'free' leg from side to side in front of you.

**B)** Next, swing your 'free' leg from front to back in a pendulum-like motion. Repeat 5-10 times before shifting to the other leg. *Repeat the sequence.*

## 7 / Adductor mobilisation

REPEAT 5 TIMES BEFORE SWITCHING SIDES

**START:** Drop down onto your knees. Extend your right leg out into a half kneeling position. **A)** Move it out to the side, keeping the knee bent at a 90° angle to your hips. **B)** Drop your hips down to the right until you feel a stretch deep into your left groin. Repeat five times before switching sides. Move slowly and hold the stretch for a count in the bottom position.



## 8 / Inchworm

REPEAT 5 TIMES

**START:** From an extended push-up position. **A)** Take tiny steps forward with your feet, keeping your legs locked out. **B)** Once you can't take any more steps without flexing your knees or your legs are directly below your hips, walk your hands back out.



By performing a mobility sequence you are preparing your muscles for the heavy compound moves, which is essential for muscle activation and avoiding injuries

# MOBILISATION

## Between training sessions

**Joint mobilisation also serves as an ideal standalone workout to improve mobility and flexibility, and actively resolve muscle tightness and movement inefficiencies.**

Thankfully, the right combination of drills will improve posture and correct joint alignment to ultimately help you move more naturally.

**Adding foam rolling to the mix** is ideal because it massages and improves soft tissue quality by releasing tension and smoothing out knots and adhesions in muscles, tendons and fascia.

Any tightness, adhesions or knots in one area can result in localised pain and can compromise the function of an entire movement chain. This often leads to compensation patterns and suboptimal performance, **which raises your risk of injury**.

If left unaddressed, muscle tone changes over time and adhesions and scar tissue can build up, all of which affect your movement efficiency. As such, regular rolling sessions will help to keep your soft tissues in top shape.

*Perform this mobilisation routine periodically throughout the week as a standalone recovery session, or during work breaks or while watching TV at home. You can also break it up into 3 workouts of 5 moves to perform them all twice over a 6-day period.*

### 1 / Lying hip flexor stretch

*HOLD THE STRETCH FOR 30-60 SECONDS BEFORE SWITCHING SIDES*

**START:** Lie on a bench or on a mat on the floor. Bend and raise one leg.

**A** Hold the inside of your upper shin over your knee and pull it toward your chest. **B** Allow your lower thigh to drop toward the floor. Hold the stretch for 30-60 seconds before repeating with the opposite side.



### 2 / Couch stretch

*HOLD THE STRETCH FOR 60 SECONDS BEFORE SWITCHING SIDES*

**START:** Back one bent leg up against a wall, box, bench or your couch.

**A** Position the trailing leg into the corner so that your shin is flush with the surface. **B** Step the other leg forward into a lunge position, with the knee at 90°. **C** Keep your glutes engaged as you drive

the front of the hip toward the ground and lift your torso. Maintain this position for 60 seconds or more. *Swap legs and repeat.*



### 3 / Hip flexor and TFL release

ROLL FOR 30-60 SECONDS PER SIDE

**START:** Lie with the roller placed under the front part of your hip.

**A** Support your upper body by placing the elbow of the same side and the opposite hand and foot on the ground. **B** Roll back and forth over the front portion of your hip. Roll for 30-60 seconds per side. Repeat the movement by placing the outer aspect of the hip – your tensor fascia latae (TFL) – on the foam roller. *Repeat the forward and backward rolling movement over this area for 30-60 seconds per side.*



### 4 / Quadricep release

ROLL FOR 30-60 SECONDS PER LEG

**START:** Lie on your stomach with the roller under the front of one thigh.

**A** Support your upper body, keeping it off the floor with your arms. **B** Roll back and forth over the front of your thigh, keeping your knees extended.



*You can release all the different quadricep muscles by changing the angle of your leg to also focus on the inner and outer aspects of the quad.*

**TIP**

### 5 / Hamstring release

WORK YOUR WAY UP TO THE GLUTE-HAMSTRING JUNCTION

**START:** Sit on the roller with the back of your knee directly on the roller

**A** Slowly roll back and forth and slightly side to side to release any tight spots in the muscle.  
**B** Work your way up to the glute-hamstring junction.



## 6 / Resting squat pose HOLD FOR AT LEAST 30 SECONDS

**START:** Start from a standing position. With your feet positioned about shoulder-width apart or a bit wider. **A**] Drop your hips down and sit back into a deep squat position. **B**] Keep your heels on the ground and drop your elbows inside your knees. *Sit in this pose for at least 30 seconds at a time.*



## 8 / Offset child's pose REPEAT 10 TIMES PER SIDE

**START:** Drop down onto all fours. **A**] With your right knee ahead of your left, move your hips back to your heels 10 times in a rocking motion. *Repeat on the other side.*



## 7 / Gluteus and piriformis release ROLL FOR 30-60 SECONDS PER SIDE

**START:** Sit on a roller with one glute and your hands on the floor behind you.

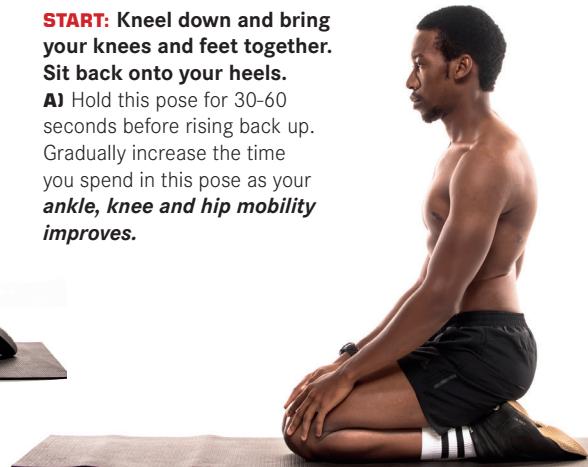
**A**] Lean your weight onto the gluteus muscle you are working. Place the opposite foot onto the knee of the leg you are sitting on. **B**] Roll back and forth on the piriformis muscle that you are sitting on for 30-60 seconds per leg, pausing on tight spots until they release.

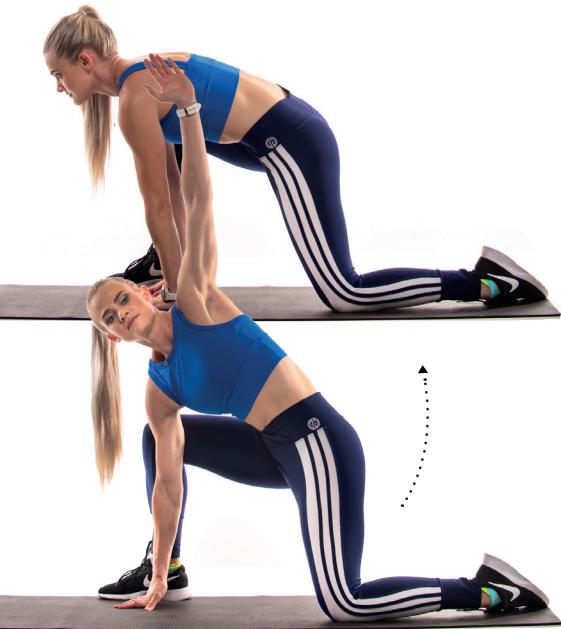


## 9 / Kneeling pose HOLD FOR 30-60 SECONDS

**START:** Kneel down and bring your knees and feet together. Sit back onto your heels.

**A**] Hold this pose for 30-60 seconds before rising back up. Gradually increase the time you spend in this pose as your *ankle, knee and hip mobility improves.*





*Mobility determines the force you can exert through a range of motion which is not to be confused with flexibility.*



## 10 / Half kneeling hip rotation

*REPEAT 3 TIMES BEFORE SWITCHING SIDES*

**START:** Drop down into a half-kneeling position with your left knee on the floor.

**A1** Rotate your left arm out to the side and upward and open up your chest. **B1** Hold this position for a count, then return to the starting position. *Repeat on the other side.*



## 11 / Adductor release

*ROLL FOR 30-60 SECONDS PER LEG*

**START:** Lie on your stomach with the foam roller parallel to your body.

**A1** Bend one hip and knee, placing your inner thigh on top of the roller. Place your elbows under your shoulder to manoeuvre yourself. **B1** Roll back and forth over the inside portion of your thighs.





## 12 / Rocking ankle mobilisation

REPEAT 10 TIMES PER LEG

**START:** In an extended push-up position, lift your hips and place your left shin over your right calf.

**A1** Rock your hips back and forth to lift your right heel off the floor and back down again.



## FACT

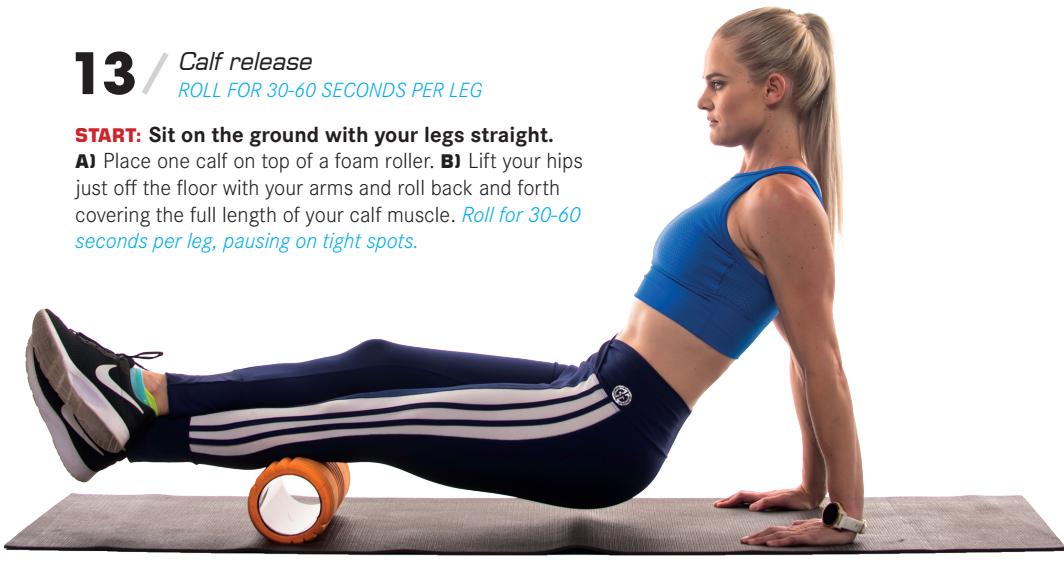
When you couple the weak ankle joint with the vigorous activity it's required to perform, it's no surprise that ankle sprains account for nearly 2 million injuries every year, or 20 percent of all sports injuries in the United States.

## 13 / Calf release

ROLL FOR 30-60 SECONDS PER LEG

**START:** Sit on the ground with your legs straight.

**A1** Place one calf on top of a foam roller. **B1** Lift your hips just off the floor with your arms and roll back and forth covering the full length of your calf muscle. *Roll for 30-60 seconds per leg, pausing on tight spots.*



## 14 / *Iron cross*

*REPEAT 5 TIMES PER LEG*

**START:** Lie on your back with your arms out to your sides, perpendicular to your torso.

**A** Rotate your hips as you swing your right leg across your torso and up to your left hand. **B** Return to the starting position and repeat the movement with the left leg.



## 15 / *Thoracic spine and glute release*

*REPEAT 5 TIMES PER LEG*



**START:** Lie down on your side with the foam roller placed next to you at hip height.

**A** Bend your top leg and place your knee on top of the roller.

**B** With your supporting arm extended perpendicular to your body and the hand of your upper arm behind your head, rotate your torso away from the roller.

**C** Rotate as far as possible without your knee lifting off the roller. Hold the stretch for a count before rotating back to the starting position. 

### **BENEFITS OF FOAM ROLLING:**

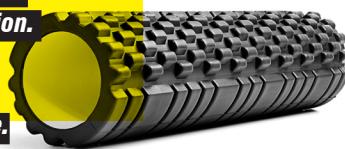
**Decreases tone in overactive muscles.**

**Improves mobility and range of motion.**

**Improves movement quality.**

**Lowers injury risk.**

**Improves recovery and performance.**



**Help soothe tight, sore areas and speed up muscle recovery.**

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