

STRETCH: *Touch Your Toes*

Mobility | Flexibility | Recovery



Unlock your flexibility, and complete the popular standard of flexibility... touching your toes!

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WELCOME

The ability to touch your toes has long been a symbol of flexibility. Many go through their life thinking its impossible and that they have never been able to touch their toes. The truth is, there are a lot of reasons you might not be able to. In fact, there might be reasons you will never be able to. But, one reason will never be because you never tried.

In this program you will have a series of stretches and exercises to complete daily and sometimes multiple times per day. Do expect some feelings of soreness, uncomfortableness, stiff, or achey at the beginning as you are getting muscles stretched and moved in ways they may have never moved before.

WHAT YOU NEED

This is a very minimalistic program, you will not need much, but what you do need is going to be quite valuable to have with you as you progress into new workout programs.

- Bare feet (all exercises should be done with no socks or shoes on)
- Foam Roller
- Yoga Block
- Timer
- Cell Phone (for video)

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ASSESSMENT

You will begin with an initial toe touch test. To do so, set up a video camera (your phone is easiest) and video yourself from the front and side doing a toe touch attempt.

What do you notice? Where do you feel it? Where do you already see you can improve?

This is our benchmark, this is what we will improve upon, and what we want to see change over the next few weeks.



SCHEDULE

You are going to complete the list of exercises two times (2x) per day, every day, for 3 weeks. You can increase the number of rounds, but get at least two each day.

Every few days, take yourself out for a walk, even if you have already exercised. Get out, with no music or headphones, just be by yourself and walk 1-3 miles (depending on your endurance).

QUESTIONS

Email at MoultonChiropractic.com for questions or concerns. We are happy to help make modifications as needed or provide clarity.



1. Crocodile Breaths

Laying face down with your forehead in your hands, take deep breaths into your belly, while relaxing your shoulders.

Breaths should come in and out through the nose, keeping the tongue on the roof of your mouth, and making your exhale longer than your inhale.

Duration: 2-5 mins



Foam Roll (Quads)

Start face down, with one leg out to the side, one straight. Use the foam roller on the straight leg, rolling up and down on the front of your thigh. When you reach a tender spot, bend your knee a few quick times.

Duration: 1-2 mins per leg



Foam Roll (Calves)

Start in a seated position. Cross one leg over the roller starting at either end of your calf. Cross the other leg over the top to use as weight, creating pressure down on to the roller. Move your body forward and back, rolling your leg side to side, working out all tenderness and knots.



Toe Touch (Toes Up, Heels Down)

With your toes elevated on a book or couple towels, put a block or another towel between your knees. This keeps the knees from prying apart as we reach for our toes.

You are going to exhale and bend over to touch your toes. Get as close as you can, if you need to bend your knees some that is fine, just make sure you reach your toes. You are then going to inhale as you reach up to the ceiling as high as you can, putting space between every joint in your body.

Repeat this for 10 reps



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THE PROGRAM

The program itself is very simple. You want to complete each of these exercises 2x per day for the next 6 weeks.

Every few days get yourself out for a 1-3 mile walk, with no electronics, headphones, etc. Take a phone for safety reasons, but keep it out of your ears. This is your time away from it all to rest your mind.

If you need progressions or have questions, please contact us by email and we are happy to help you out!

PROGRESS & FINAL ASSESSMENT

During this program you are going to want to celebrate your progress. It is encouraged! Every couple weeks take some progress pictures or videos. It is going to take time and repetition for this to stick, so keep at it. After 6 weeks of repeating these exercises 2x per day, take your final pictures/video!



FINAL COMMENTS/QUESTIONS

How did you do? Did you progress in your toe touch? Are you able to touch your toes? Have you noticed any other changes to your body, new areas of flexibility, decreased pain, increase in energy?

The power of moving well is life changing, keep up your momentum and move onto a new program we offer at www.MoultonChiropractic.com. Or become a member and get a new program every month, plus an exercise library, member forum, and much more!