

FLEXYFIT | FLEXIBILITY & FITNESS

FREE 5-STEP Tick Tock Guide



**5-STEP LOWER BODY STRETCH GUIDE TO HELP YOU
IMPROVE FLEXIBILITY AND MOBILITY, AND GET CLOSER
TO YOUR FLEXYFIT GOALS.**

FREE 5-STEP TICK TOCK PROGRAM

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ABOUT ASHLEY (THAT'S ME!)

Hi! I'm Ashley, a NASM Certified Personal Trainer and Corrective Exercise Guru with ten years of experience in fitness, dance conditioning, pole and aerial. I am dedicated to sharing my love of flexibility and fitness to help aerial athletes improve performance, build strength and endurance, prevent injury and excel in our sport.

THANK YOU

A SPECIAL MESSAGE FROM ME

Thank you so much for downloading my FREE 5-step FlexyFit Tick Tock e-Book. This guide was created for anyone looking to get started in flexibility and those looking to get more out of their current flexibility practice. Over the years, I have been privileged to work with thousands of fitness clients and pole/aerial students, and I'm excited to continue that helping you reach your flexibility, fitness and aerial goals through e-books and online instruction.

LIMITED TIME OFFER

Ready for even more stretchy goodness?! You can get my full 15-step Tick Tock program for only \$4.95 (REG. \$9.99). Visit: www.flexyfit.co/products and enter coupon code: **MOREFLEX**

LET'S KEEP IN TOUCH!



www.flexyfit.co

FREE 5-STEP TICK TOCK PROGRAM

HELLO AND WELCOME!

Welcome to my FREE FlexyFit 5-step Tick Tocks program for splits and lower body flexAbility! This guide shares some of my favorite, and highly recommended, stretches that target lower body flexibility and mobility. Doing these exercises even just a few times a week can help improve both range of motion and flexibility in your hamstrings, quads, hip flexors and glutes. And YES, this program can also help you achieve and improve your splits. Best of all, this is a great lower body routine that is easy to follow and can be done as often as you'd like. This is a sample of my #1 go-to routine for those looking to get started on their stretching journey or just wanting a simple stretch routine that they can do daily on their own.

This stretch routine is also perfect for those that sit at a desk all day and want to combat the effects of that sedentary lifestyle. If you enjoy this sample, be sure to check out the full guide!



XOXO,
ASHLEY

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DISCLAIMERS

Medical disclaimer

Before beginning any new exercise program, it is recommended that you seek medical advice from your personal physician. This eBook is not intended to be a substitute for the medical advice of a licensed physician. The reader should consult with their doctor in any matters relating to his/her health. The content and information offered in this program is strictly educational, and in no way, shape, or form is meant to replace formal medical care. Movement evaluation and appropriate intervention / corrective application should only be performed by a licensed, qualified professional. The author of this product is in no way responsible or liable for any negative health consequences that may occur as a result of applying the suggested exercises and drills. The decision to apply the suggested material and possible consequences that follow are solely the choice of the reader. At any point should pain or discomfort be felt, please immediately stop the activity and seek out formal care. Always consult your own doctor before embarking on new exercise routines, diets, etc. The contents of this plan are not intended to diagnose, treat, cure or prevent any disease, chronic pain or injury. Information contained within is a recommendation to be taken at your own risk, with no liability on my part.

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PROGRAM DIRECTIONS



Frequency: You should stretch as often as you can. For optimal results in your flexibility practice, I recommend doing this program 2-4 times per week. You can do it before or after training, as a stand alone workout, or as an opening sequence to your stretch session. By setting aside some time to stretch each day, you can improve your overall flexibility, mobility and range of motion.



Reps, Sets & Holds: For movements that have Reps, aim for 8-12 reps. Start with 2-3 rounds on each side and work your way up to 5-6. Hold each position based on your level and note that your level may change with each position depending on your body's tightness and areas of improvement:

LEVEL	HOLD TIME
Beginner	15-20 seconds or 6-8 deep breaths
Intermediate	30 seconds or 10 deep breaths
Advanced	45 seconds or 15 deep breaths



Warmup: A good warmup sets the stage for a great stretch session. I advise a minimum 10-minute warmup before jumping into your tick tock series. PLEASE NOTE: STRETCHING ALONE IS NOT A WARMUP. A great warmup is essential to a safe and productive stretch session, as it increases the temperature of your muscles and blood flow to them, while warming up your joints so that they are more flexible and allow for bigger ranges of movement. Your warmup can consist of jumping rope, marching, running in place, squats, lunges, jumping jacks, burpees, mountain climbers, really anything you like! Just as long as your entire body is moving and gets warm. AKA “Ashley” style: slightly out of breath with a little sweat!



Cool Down: After your stretch session, be sure to take a few minutes to transition from exercise back to a more relaxed state via a gentle cool down. Cooling down is an essential part of your workout and flexibility routine, as it allows your muscles a chance to relax and can prevent your blood pressure from dropping too quickly. A good cool down will also allow your heart rate to return back to normal, lower body temperature back to normal, gradually slow your breathing back to normal, help prevent muscle soreness and improve relaxation. Be sure to also drink plenty of water.



Progress tracking: Be sure to track your progress regularly with photos and videos. You can't figure out where you're going if you don't know where you're coming from. Plus, it's a great way to see and show off your flexy gains. I suggest doing this at least once a week. Be sure to incorporate video as well as it will allow you to see how you're getting into/out of your stretches. This will also bring attention to minor adjustments or bad habits that unknowingly occur.



Breathing: Do NOT hold your breath. Breathe deeply in through the nose, expanding your abdomen, and breathe out through the mouth. Each time you exhale it allows your muscles to relax, so try going a little bit deeper into your stretch with each breath.



Movement: Be sure to perform all movements slowly, with control and moving through full range of motion. This will help maximize the benefit of your stretching as well as to help prevent injury.



When you stretch, it is normal to feel mild discomfort, however you should NOT feel pain. If you experience any sensations that feel like ripping, tearing, burning or stabbing **please stop immediately.**

TOOLS NEEDED

For this program, you will need: Yoga Strap - standard buckle or pre-looped.



Buckles vs. Looped? Both straps do the same thing. Pre-looped offer easy in/out, however you can't adjust the strap tightness, which makes it easy for it to slip off your foot in certain positions. Loops can help you track your progress by graduating to the next loop one at a time. Need recommendations? Check out my training essentials that I use with students and in my personal practice: <http://www.flexyfit.co/training-essentials>

At-Home hacks: While I recommend the use of props in your practice, it is not necessary run out and buy a bunch of new equipment. Chances are, you already have



something at home that you can use as a substitute to achieve the same results. Here are a few ideas of things you can use in place of a yoga strap: Belts, long leg warmers, necktie, scarf, a robe tie, or a towel.

Why use props? Props aren't cheats. They can actually help take your stretching to the next level by extending your lever length and providing gentle support and more leverage in your stretches, while allowing you to go deeper in your poses and often hold your stretches longer.

You'll also need:

- Plenty of space to lay flat and spread out.
- Ankle weights (optional). Great to use if you have trouble keeping your anchor leg down. Alternatively, you can also shimmy your foot/toes under the couch to help anchor them down.

BEFORE YOU BEGIN

Just a few additional notes about best practices and body positioning that you'll want to keep in mind throughout your practice.

1. This Tick Tock series is broken down into three main parts, which refer to where your strapped foot will be in relation to your spine and anchor leg.



Out to the side



Up top



Cross over

2. I'll be referring to the free leg as the "anchor" leg and the strapped leg as the "strapped foot".



Strapped Foot



Anchor Leg

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3. Check your space. Start by laying flat on the ground. Stretch your arms and legs out so that you're in an "X" to make sure that you have enough room around you for the movements we'll be flowing through in this Tick Tock series.

4. Loop your strap around your foot. If the loop feels uncomfortable on your skin, you can wear socks or leg warmers for an extra layer of protection and comfort.

5. Movements should be slow and controlled. Do not rush through them. Rushing lessens the benefit of the stretches and can lead to injury.

6. I highly recommend doing all rounds on one side before switching to the other side. Switching back and forth between rounds can be a bit cumbersome and can take longer.

7. As you're going through the steps, note that it's normal to also feel these stretches along the anchor leg/side and we'll be doing some movements that specifically target that anchor leg side.

8. It is also normal to experience shaking in the legs and slight tingling sensation. Back off the stretch a bit and maintain controlled breathing. Do not push yourself too hard or too fast.

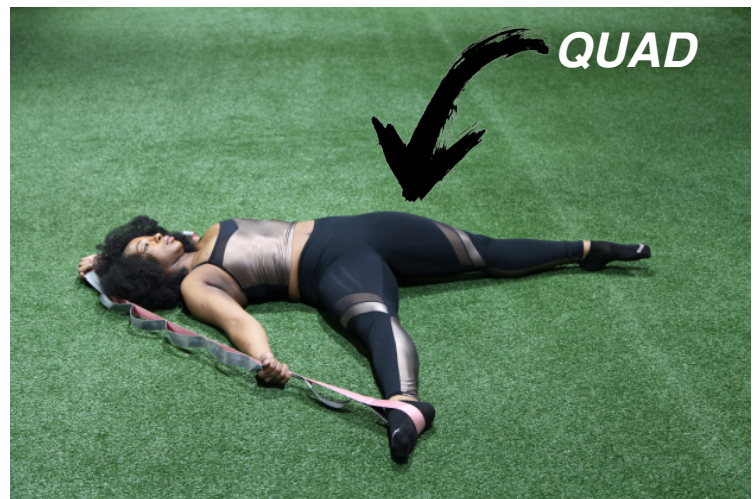
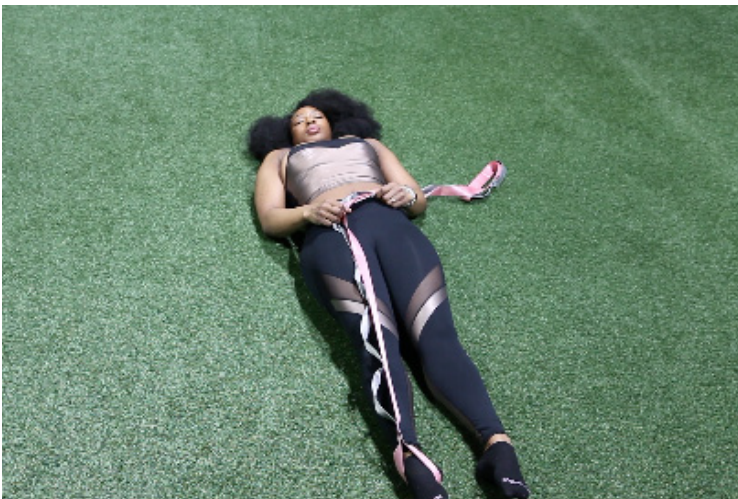
9. If you feel your body responding to a specific movement, spend more time there or repeat the movement a second time.

Now that you're ready, let's get started! Be sure to check out the bonus video at the end as I take you through each step in real time so you can see how it should flow.

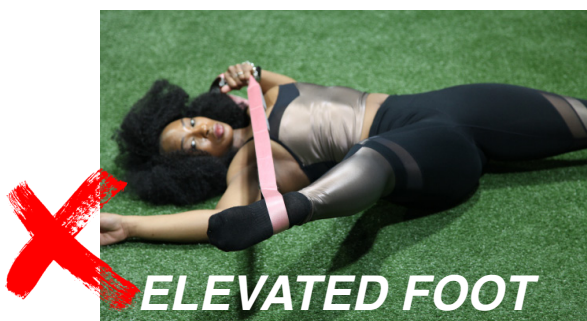
PART ONE: OPEN TO SIDE

Starting Position: Lay on your back with the strap around your foot. Make sure you are elongating your body and that your spine is in a straight line. Your anchor leg should be straight, quad engaged. Hold the end of the strap in your hand and turn the looped foot onto its side.

1. Trace. Begin to open the leg slowly tracing the floor, bringing it towards your head like a clock. Once you get to YOUR highest point (respect your level), while connected to the floor, hold that position.

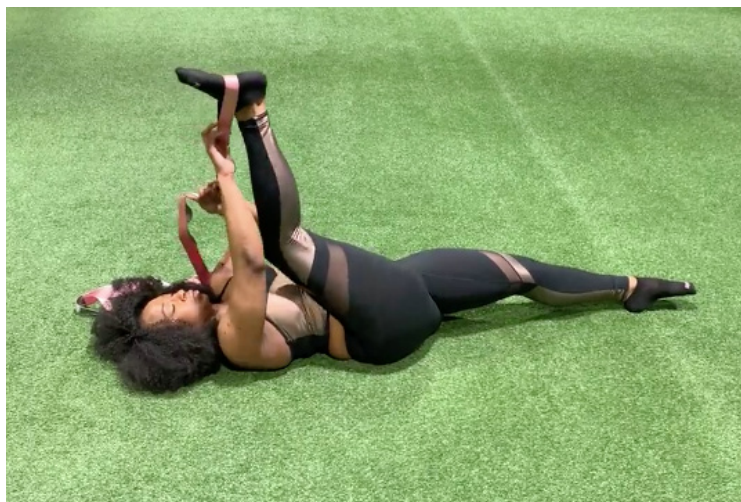


FORM CHECK (!) Keep your looped foot connected to the floor at all times while doing this step. You may be tempted to compensate by lifting the foot off the floor. DO NOT. (!) Make sure that you are bringing your leg up to you and not leaning your upper body down to your leg. We want to AVOID this C shape in the torso, or what I like to call teapot syndrome.



PART TWO: UP TOP

2. Hami pulses. While keeping the heel of your strapped foot pointed towards the ceiling, slowly bend and straighten your knee.



FORM CHECK (!) Fight the temptation to lift your head and chest up when your looped leg is up top. Remind yourself to keep your head, back and shoulders connected to the floor. This will keep your spin in alignment and prevent any unnecessary strain on your neck. (!) When doing the hamstring pulses, be sure to keep the heel pointed towards the ceiling as you slightly bend and straighten your knee. Do not drop your heel down into a crotch kick.



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3. Hami Stretch. Straighten your strapped foot leg and gently pull that leg towards your face. Hold the stretched position to stretch your hamstrings.

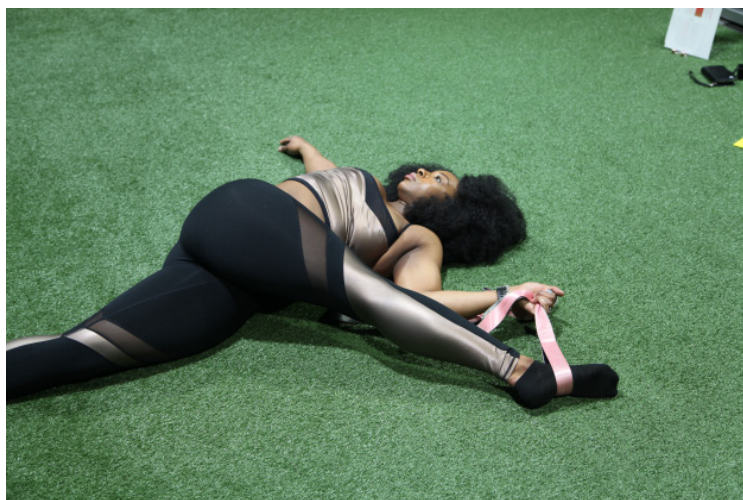


BONUS TIP: Got tight calves? Flex your foot while holding this stretch for a bonus calf stretch.

FORM CHECK (!) If your knee bends you can place your hand on your quad and give it a gentle push.

PART THREE: CROSSOVER

4. Cross-body hold. Place hand (on the same side as the strapped foot) palm down on the ground. Pull the strapped foot leg across your body, taking the big toe to the floor. Try to get the strapped foot as close to the opposite shoulder as possible. You should feel a stretch from the glutes and outer hip down to your toes.

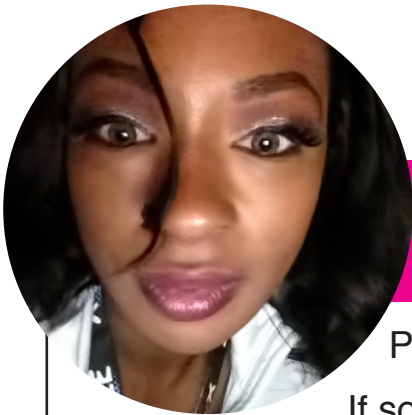


FORM CHECK (!) Try to keep the shoulder of the extended arm on the ground, so that you are not turning onto your side.

5. Slowly trace the floor, closing your strapped foot leg back down to your anchor leg to complete your clock circle.



Round 1 of the series is complete! Now it's time to REPEAT 2-3 more times on this side and then switch to the other side!



READY TO LEVEL UP?

PSST, How did it go? Are you ready to take it to the next level?

If so, be sure to check out my Full Tick Tock program available at www.flexyfit.co/products. This 15-step program is full of even more stretchy good-

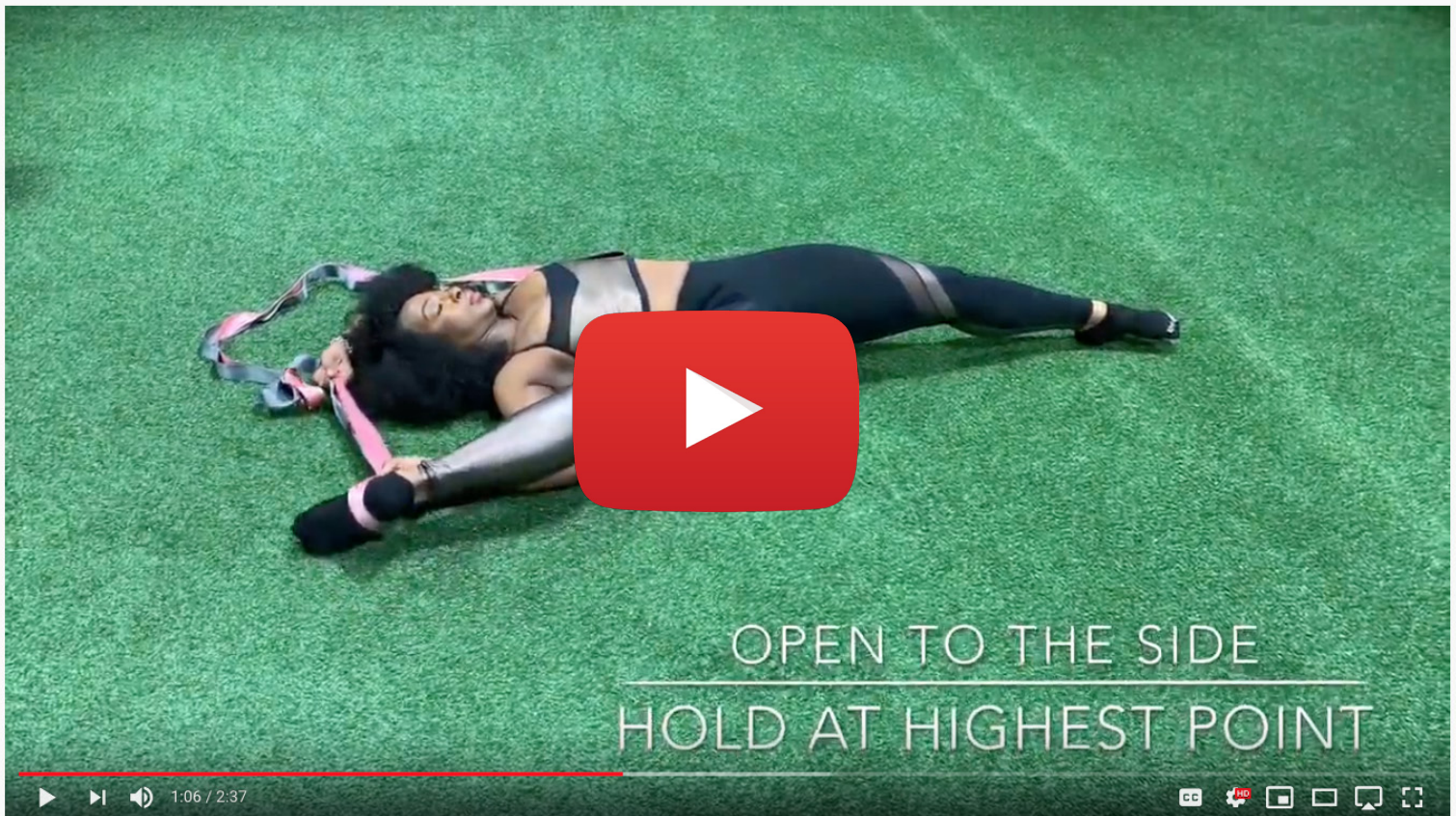
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FOLLOW ALONG

BONUS VIDEO!

Follow along with this bonus video as I take you through each step of the Tick Tock program so you can see in real time how it should flow.

Click the play button below or visit: <https://youtu.be/tftXzaFAaqM>



FINAL THOUGHTS

Keep in touch!

Be sure to check out my website and social media pages to stay in touch. You also find a variety of flexibility and fitness resources, tips, tricks and tutorials from my daily life.

Get Social!

I want to see your progress! Take a selfie or video of your results and share them with me on Instagram. Tag @entertainmentgoddess and use: #flexyfit #ashtag #aerialashlete #ashlete

Let's Connect!

Got questions or need feedback? Please reach out to me anytime at:

Email: flexyfitnews@gmail.com

Website: www.flexyfit.co

Instagram: [@entertainmentgoddess](https://www.instagram.com/entertainmentgoddess)

Facebook: www.facebook.com/entertainmentgoddess

Train with me

Join my army of Aerial Ashletes! Train with me online via Skype privates or if you're in the DFW area, join me in person for weekly classes. Check out my schedule and training plans: www.flexyfit.co/trainwithme





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