



fusion-fitness-training™

## **Assisted Strength and Flexibility**

**Presented by Helen Vanderburg  
2006/ 1996 CanFitPro Presenter of the Year  
2005 IDEA Instructor of the Year**

### **Introduction**

Whether you are a personal trainer or group exercise instructor this workshop will give you new ideas and techniques for stretching and strengthening all of the major muscle groups. With the assistance of a partner or props such as tubing, towels, belts and blocks you can add variety to your programs. Learn specific techniques, alignments and verbal cues that will help your clients increase their flexibility as well achieve strength and stability.

### **Review of Types of Stretching**

- 1. Active**
- 2. Passive**

### **Review of Types of Flexibility Training**

- 1. Static**
- 2. Dynamic**

### **Active Flexibility Training**

Active flexibility refers to the actively moving the joint though the desired range of motion create a contraction in the agonist and a stretch in the antagonist while maintaining stability of the joint at which the stretch occurs.

Dynamic – rhythmic/ballistic

- PNF – Proprioceptive neuromuscular facilitation – active technique
- Contract Relax Techniques
  - contract-relax (CR)– contraction of the same muscle
  - hold relax (HR)
  - contract-relax-agonist contract (CRAC)– contraction of the opposing muscle
- Active-Isolated Stretch (AIS)

## Based on Common Postural Mal-alignments

### Exercise Examples

#### 1. Posterior hip/leg

##### Exercise samples:

Standing dynamic hip swing  
Standing dynamic hip rock  
Standing dynamic knee hugs  
Standing knee hug to static extension (belt)  
Standing dynamic knee extension with belt or tubing  
Standing wall stretch with partner (passive and active)  
Supine contract release (CR) (CRA) techniques (with belt)  
Dynamic A-I supine with strap or tubing (straight leg/ bent knee)  
Legs up the wall (passive)

#### 2. Anterior hip/leg

##### Exercise Samples:

Squats to kick back  
Rear lunges  
Extended side angle pose (block)  
½ moon (block)  
Balanced static quad stretch (active)  
Low lunge stretch (block or at wall)  
Lunge with lateral flexion  
Kneeling to down dog to pigeon pose  
Plank to Reverse hip lift  
Bow stretch (strap)

#### 3. Spinal Extensors/ lateral flexion

##### Exercise Samples:

Standing dynamic lateral flexion  
Triangle (block)  
Extended side angle  
Lunge with rotation/ lateral flexion  
Prone extension (block)  
Dynamic seated flex and ext  
Cat/ cow  
Partner child's pose

#### 4. Chest and anterior shoulder

**Exercise Samples:**

Down dog

Dolphin pose

Partner A-I chest stretch

Partner chest stretch

#### 5. Upper back (traps/rhomboids/ rear shoulder)

**Exercise Samples:**

Shoulder mobility

Dynamic arm crossovers (tubing)

Reverse plank

Partner supine shoulder release

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