

## Exercise Chart

# DUAL MASSAGE BALL



# Active

### MASSAGE MADE EASY

**The Dual Massage Ball with strap is a hugely handy addition to your mobility toolkit. Designed specifically to target those hard-to-reach areas, now you'll be able to massage out all the niggles you can never normally get to.**

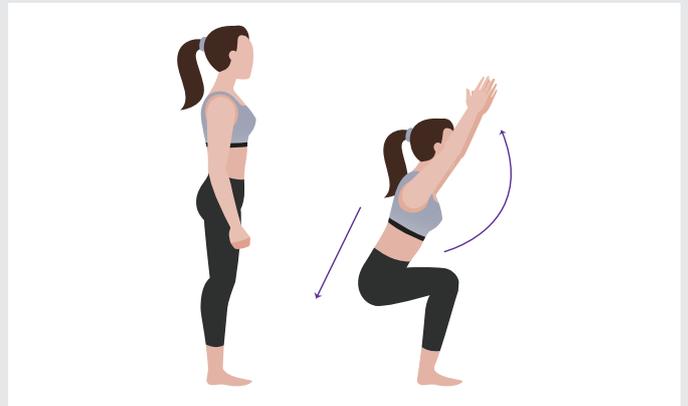
Perform the warm up exercises if you are working with the Dual Massage Ball as a separate mobility session. If you are using the Dual Massage Ball at the end of a training session, you will not need to undertake the warm up exercises.

“ Take every opportunity you can to **MOVE!** It's what your body is designed to do.”

Mish

### WARM UP

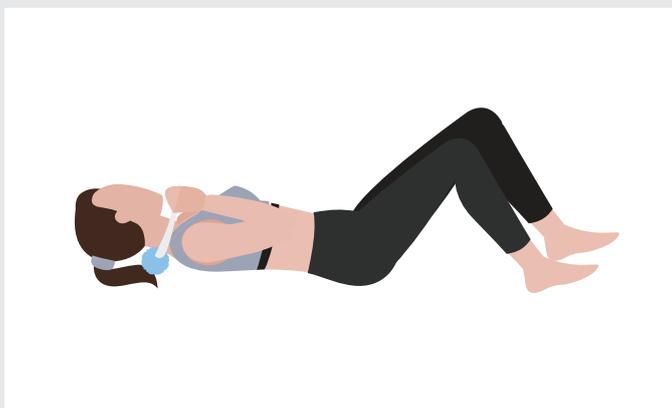
#### 1. Squat With Reach



Stand with your feet shoulder width apart. Sit into a squat, pushing your weight through the heels whilst reaching your arms over your head. Keep your chest up, back straight and core braced. Return to the start position and repeat.

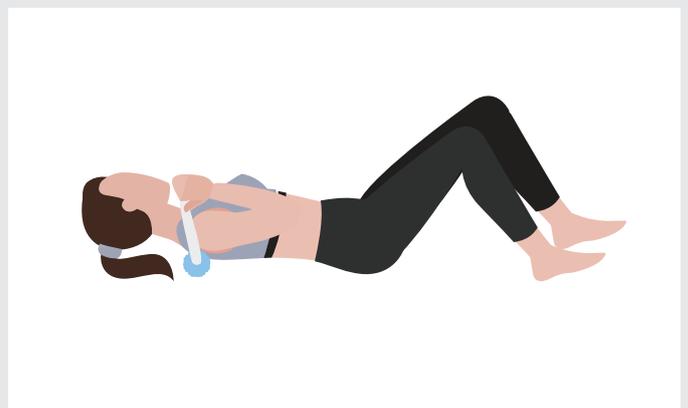
### EXERCISES

#### 2. Neck



Lay on your back with your knees bent. Place the ball under your neck, at the base of the neck, with the central groove in line with the spine. Push through your heels and rock with your pelvis to roll the ball up and down the length of your neck.

#### 3. Upper Back



Lay on your back with your knees bent. Place the ball between your shoulder blades towards the base of the neck, with the central groove in line with the spine. Lift your pelvis off the floor, push through your heels and rock slowly to roll the ball up and down the upper back.

# EXERCISES

## 4. Lower Back



Lay on your back with your knees bent. Place the ball under your lower back towards the bottom of the ribcage. Place the forearms on the floor for support and push through the heels to roll the ball down the back towards the hips. Reverse direction. Repeat.

## 5. Shoulder



Lay on your side with both knees bent. Place the ball under the shoulder (halfway down the upper arm). Using the bottom leg as support, roll the ball up toward the top of the shoulder. Reverse direction. Repeat on the other side.

## 6. Forearms



On all fours, extend one arm in front of the body, placing the ball under the elbow. Using the other arm as support, push the arm to move the ball towards the hand. Reverse direction. Repeat to the other side.

## 7. Gluteals



Position the ball on one side of your glutes and sit on it, placing your arms behind for support. On the same side, cross your leg with the opposite foot pressed firmly to the floor. Roll the ball in a circular motion around the entire region of the glute. When you feel a tight area stop and allow the weight of your body to press down onto the ball until you feel the tightness release. Repeat on the other side.

## 8. Calves



Sit on the floor with one leg extended and the other knee bent. Place the ball under the lower part of the extended leg just above the ankle. Push through the arms and bent leg, and rock with your pelvis to roll the ball up and down the length of your calf. Repeat on the other side.

## 9. Shins

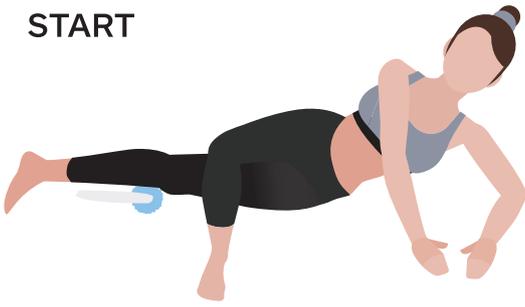


On all fours, place the ball under one shin, just above the ankle, with the central groove in line with the shin bone. Pushing your leg onto the ball, extend the leg behind you, moving the ball towards the ankle. Reverse direction. Repeat on the other side.

## EXERCISES

### 10. Outer Lower Leg

START

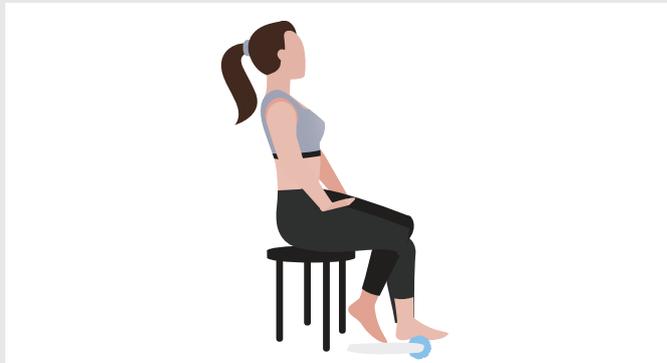


FINISH



On all fours, turn torso and place 1 foot on the ground while the other leg extends, and place the ball under the outer lower leg (just below the knee). Bend the extended leg knee, bringing it up level to the hip, moving the ball towards the ankle. Reverse direction. Repeat on the other side.

### 11. Seated Foot Roll



Place the ball on the outside edge of your foot, push down firmly onto the ball and roll it along the length of your sole. Repeat, moving the ball closer towards the arch. Repeat on the other side.

## MOBILITY

### Post Workout Mobility:

Skip the squats, and starting from the Neck exercise, work your way through each exercise (on each side of your body), spending between 30 secs - 2 mins on each exercise. Remember a post workout mobility session is to help reduce stiffness and soreness post workout, and a warm shower is the perfect finale. You've earned it!

### Stand Alone Mobility Session:

Warm up with 3 rounds of 5x10 squats, starting slowly and increasing in pace as you get warmer. Then starting from the Neck exercise, work your way through each exercise (on each side of your body), spending between 30 secs - 2 mins on each exercise. To finish, walk around swining your arms and rolling your shoulders for 30 secs 1 1 min, to flush your soft tissues. be sure to drink plenty of water post session to keep your soft tissues flexible and free.

## MISH TIPS!

- 1 Aim to include some mobility aid exercises at the end of every training session.
- 2 Once a week, do a mobility specific session, using your Dual Massage Ball and any other MB active mobility aid you have, such as a foam roller.
- 3 Stand alone mobility sessions should be between 20-60 mins.