

Objective: Hamstring mobility as well as deeper

Section 1: Warm Up - 15 Minutes

- Breathing and grounding
- Chest Opener to Hug
- Neck side to side
- Hip Hinge/Low back warm up
- Seated Forward Fold
- Seated Hamstring
- Seated Figure 4
- Transition to Strength and Balance

Section 2: Strength and Balance - 15 Minutes

- Forward Fold
- Calf/Achilles Stretch
- SL Hamstring Stretch
- Forward Fold
- Slow 3 pulse squat to SL knee balance
- Dynamic Balance Hamstring curl to hamstring extensions to lateral leg lift
- Forward Fold
- Transition to Reconditioning

Section 3: Reconditioning - 15 Minutes

- Wide Leg Hip Stretch
- Straight leg Side Bends to low back release to straight leg side bend
- Cross Leg piriformis (add T spine)
- Hamstring Stretch
- Hamstring and upper back stretch
- Butterfly
- 5 Min Recovery



Program Notes:

All Sections:

Move through the movements keeping in time with the section outlines. Adding or Removing reps as you increase or decrease intensity for participants.

Warm Up:

June 2023 warm up prepares the posterior muscles for focused lengthening drills found in Strength and Balance and Reconditioning. Check out this link for an image of the posterior muscles labeled https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.healthpages.org%2Fhealth-a-z%2Fmajor-muscles-body%2F&psig=AOvVaw2E7kZkZGZPAdi-wPjCRGN_&ust=1687045437047000&source=images&cd=vfe&ved=0CBAQjRxqFwoTCPjg7aD8yP8CFQAAAAAdAAAAABAE

Strength and Balance:

For Strength and Balance, we feature movement patterns from the June 2023 Age Strong release to help aid in creating strength in similar areas. The crossover helps our participants find stability in both knees and hips. The focused Calf and Achilles release is needed as we age because as we become more sedentary, the Achilles tendon and calf muscles shorten, regular stretching and activity can help relieve the effects of shortening soft tissue. A study completed in 2012 stated "regardless of age, Achilles tendon mechanical properties adapt to match the level of muscle performance."

<https://journals.physiology.org/doi/full/10.1152/jappphysiol.00782.2012>

We know our active Age Restore participant LOVES their static balance, so we've paired strength movement patterns with single leg balance.

Reconditioning:

In keeping with our theme, we find Reconditioning focusing on more posterior muscles like the Sacro spinalis, glutes, piriformis, soleus, and more. This block is focused more on static holds for longer periods of time to help increase flexibility. We snuck in a dynamic low back release that secretly stretches posterior muscles and strengthens shoulders.