

EXERCISE CHART

MUSCLE MASSAGE & TRIGGER POINT BALL



MASSAGE STICK

1. NECK



Place the stick behind the neck. Tilt the head away from the side of the neck in contact with the stick to lengthen the muscles. Start with a small and gentle roll along the muscle and increase pressure and length of the roll as desired.

2. UPPER BACK



Place the stick in a vertical position behind the back in between the shoulder blades. Use the top hand to roll the stick out towards that shoulder across the muscles of the upper back. Increase pressure as desired.

3. LOWER BACK



Place the stick behind back below the ribcage and gently roll it down towards your hipbone. Repeat this process moving the stick more centrally towards the spine. To increase muscle stretch, lean slightly away from the side being rolled.

4. BICEP



Sit in a chair and place one end of the stick in the crease of the hip and grab hold of the other end. With a bent left arm, rest the stick on the inside of the arm, against the bicep muscle. Gently roll it along the length of the muscle and back.

5. TRICEP



Sit in a chair and place one end of the stick in the crease of the hip and grab hold of the other end. With a bent left arm, rest the stick on the outside of the arm, against the tricep muscle. Gently roll it the length of the muscle and back.

6. FOREARM



Sit in a chair, place one end of the stick in the crease of the hip and hold the other end. With a bent right arm, rest the stick against the forearm in either a palm-up OR palm-down position. This will roll against either the outside or inside of the forearm. Gently roll the length of the muscle and back.

7. OUTER THIGH



Sit in a chair to relax the muscle. Roll the stick along the full length of the outer thigh, first with short strokes progressing to longer and harder strokes. Angle the stick, dropping each handle slightly to target different areas.

8. QUADS



Sit in a chair to relax the muscle. Starting at the top of the thigh area, roll the stick the full length of the quad, first with short strokes progressing to longer and harder strokes. Angle the stick, dropping each handle slightly to target different areas.

9. HAMSTRINGS



Sit in a chair towards the edge and relax the muscle. Starting at the back of the thigh, roll the stick towards buttocks, first with short strokes progressing to longer and harder strokes. Angle the stick, lifting each handle slightly to target different areas.

10. CALF



Sit in a chair to relax the muscle. Starting at the back of the lower leg, roll the stick the length of the calf, first with short strokes progressing to longer and harder strokes. Angle the stick, pushing each handle slightly to target different areas.

11. SHINS



Sit in a chair to relax the muscle. Starting at the front of the lower leg, roll the stick the length of the shin, being careful to avoid contact with the shinbone. Start with short strokes and progress to longer and harder strokes.

12. HIP FLEXOR



To open the hip flexor muscle, sit in a chair, lean back and bend one knee towards the floor. Starting at the top of the thigh, roll the stick up (about hip bone height) with short strokes progressing to harder strokes. Angle the stick, dropping each handle slightly to target different areas.

TRIGGER POINT BALL

13. HIP FLEXOR



Lie face down on the floor with the ball against your abdomen (approx. 5cm away from the navel). Prop up on your elbows and gently move the ball around until you feel a point of tightness. Hold that position for approx. 30-60 sec.

14. HIPS/ BUTTOCKS



Place the ball under your buttock. Outstretch your leg on the same side and use your arms for support to slowly move your body back, forth, and side to side. Roll until you feel a point of tightness. Hold that position for approx. 30-60 sec.

15. UPPER BACK



Lie face up with one hand touching the opposite shoulder on the same side as the bent arm, position the ball in the middle of the upper back (off centre from spine). Use your body to move the ball around the upper back until you feel a point of tightness. Hold that position for approx. 30-60 sec.

16. CHEST/ SHOULDER



Lie face down and prop yourself up with your elbows to the side of your body. Place your upper chest on the ball. Using your body, slowly roll the ball around until you feel a point of tightness. Hold that position for approx. 30-60 sec.

17. CALF



Sit on the floor with one leg straight, the other leg bent. Place the ball in the centre of the calf of the straight leg and focus your body weight here. Use your arms and bent leg to roll the ball around the calf until you feel a point of tightness. Hold that position for approx. 30-60 sec.

18. FOOT



Stand, or sit in a chair and place the ball directly under the arch of the foot. Move the foot slowly to roll the ball across the entire sole of the foot. Apply suitable pressure depending on the level of tightness.

PROGRAMS

PREPARATION PROGRAM

5 MINUTES

Using the Massage Stick only, this short program may be completed before you start activity to provide muscle release and preparation for movement.

MASSAGE STICK

Exercise	Repetitions/Time	Orientation
1	15+15 secs	R+L side
2	15+15 secs	R+L side
3	15+15 secs	R+L side
7	15+15 secs	R+L side
8	15+15 secs	R+L side
9	15+15 secs	R+L side
10	15+15 secs	R+L side
11	15+15 secs	R+L side
12	15+15 secs	R+L side
6	15+15 secs	R+L side

Perform half-length strokes, 15 strokes per side (30 secs total for both sides)
Roll to feel 6 out of 10 on the scale of 'uncomfortable'.

RECOVERY PROGRAM

10 MINUTES

This post-workout routine is designed to complement stretching exercises and aid recovery time by providing relief from muscular tension.

MASSAGE STICK

Exercise	Repetitions/Time	Orientation
7	15+15 secs	R+L side
8	15+15 secs	R+L side
9	15+15 secs	R+L side
10	15+15 secs	R+L side
11	15+15 secs	R+L side
12	15+15 secs	R+L side
4	15+15 secs	R+L side
5	15+15 secs	R+L side
6	15+15 secs	R+L side
1	15+15 secs	R+L side

Perform full-length strokes, 10 strokes per side (30 seconds total for both sides)
Roll to feel 8 out of 10 on the scale of 'uncomfortable'

TRIGGER POINT BALL

Exercise	Repetitions/Time	Orientation
14	30+30 secs	R+L side
17	30+30 secs	R+L side
15	30+30 secs	R+L side
16	30+30 secs	R+L side
13	30+30 secs	R+L side

Roll the ball for 30 secs to locate a point of tightness then hold for 30 secs
Roll to feel 7 out of 10 on the scale of 'uncomfortable'

MAINTENANCE PROGRAM

20 MINUTES

Perform this program three times a week as a method for keeping your muscles relaxed and relatively injury-free. The program contains release for some of the more common problem injury areas.

MASSAGE STICK

Exercise	Repetitions/Time	Orientation
12	60+60 secs	R+L side
8	60+60 secs	R+L side
11	60+60 secs	R+L side
9	60+60 secs	R+L side
10	60+60 secs	R+L side
7	60+60 secs	R+L side
6	60+60 secs	R+L side
3	60+60 secs	R+L side
2	60+60 secs	R+L side
1	60+60 secs	R+L side

Perform full-length strokes, 20 strokes per side (60 seconds total for both sides)
Roll to feel 8 out of 10 on the scale of 'uncomfortable'

TRIGGER POINT BALL

Exercise	Repetitions/Time	Orientation
17	40+40 secs	R+L side
15	40+40 secs	R+L side
14	40+40 secs	R+L side
13	40+40 secs	R+L side
18	40+40 secs	R+L side

Roll the ball for 20 secs to locate a point of tightness then hold for 40 secs.
Roll to feel 8-9 out of 10 on the scale of 'uncomfortable'

COMPLETE PROGRAM

30 MINUTES

Our Complete Program is a series of self-massage techniques designed to alleviate muscle tightness and soreness, ideally performed twice per week for overall injury prevention.

MASSAGE STICK

Exercise	Repetitions/Time	Orientation
8	60+60 secs	R+L side
11	60+60 secs	R+L side
9	60+60 secs	R+L side
10	60+60 secs	R+L side
7	60+60 secs	R+L side

Perform mid-length strokes, 15 strokes per side (60 seconds total for both sides).
Roll to feel 6 out of 10 on the scale of 'uncomfortable'

Exercise	Repetitions/Time	Orientation
12	60+60 secs	R+L side
6	60+60 secs	R+L side
5	60+60 secs	R+L side
4	60+60 secs	R+L side
3	60+60 secs	R+L side
2	60+60 secs	R+L side
1	60+60 secs	R+L side

Perform full-length strokes, 20 strokes per side (60 seconds total for both sides)
Roll to feel 6 out of 10 on the scale of 'uncomfortable'

Exercise	Repetitions/Time	Orientation
8	60+60 secs	R+L side
11	60+60 secs	R+L side
9	60+60 secs	R+L side
10	60+60 secs	R+L side
7	60+60 secs	R+L side

Perform mid-length strokes, 15 strokes per side (60 seconds total for both sides)
Roll to feel 6 out of 10 on the scale of 'uncomfortable'

TRIGGER POINT BALL

Exercise	Repetitions/Time	Orientation
16	60+60 secs	R+L side
13	60+60 secs	R+L side
15	60+60 secs	R+L side
14	60+60 secs	R+L side
17	60+60 secs	R+L side
18	60+60 secs	R+L side

Roll the ball for 30 secs to locate a point of tightness then hold for 60 secs
Roll to feel 8-9 out of 10 on the scale of 'uncomfortable'

Every time you use this item,
you are saying
YES to your goals and
YES to the person you want to be.

“CHANGE comes when you SAY to YOURSELF”

For more tools, tips and exercises or if you want to know more about "YESOLOGY", go to www.michellebridges.com.au