

5- DAYS FLEXIBILITY CHALLENGE TO UNLOCK YOUR HIPS, HAMSTRINGS, BACK & SHOULDERS

GUIDELINES AND ADDITIONAL INFORMATION BEFORE YOU START

BENEFITS OF FLEXIBILITY

- Makes you more mobile
- Improves your posture
- Reduce pain and stress
- Makes you sleep better
- Relaxed your body and mind
- Makes your body happy

HOW IS IT DONE?

This deep flexibility method is based on three principles:

1. 4:8 Breathing. Inhale through the nose on the count of 4 and exhale through the mouth on the count of 8. This breathing pattern stimulates the parasympathetic nervous system, turns off the stretch reflex, and allows your body to completely relax and lengthen your muscles.
2. Wet Noodle. With this principle we want to relax into the stretch as much as possible. This can mean total release when possible or to use as little muscular energy as possible to stay in the position. Let gravity be the force to pull you down and relax your body.
3. Time under passive tension. We hold each pose between 2-5 minutes. In this challenge we will start with a 2 minutes hold and at the last session we will add more time to some of the poses. Your goal is to Meet or Beat your Hold Time. Use a stopwatch if you practice these poses without the videos and try to add a bit more time as you advance your practice. If you want to achieve flexibility results, the amount of time under passive tension is the key factor.

PROPS YOU MIGHT NEED

For all session use a mat or a soft floor. For some of the sessions you might be needing one or all of the following:

- Yoga block / thick books
- Strap/ scarf/belt
- Cushion//pillow
- Stool or a kitchen chair

HOW IT WORKS

The challenge includes 5 videos to get you started on your flexibility routine.

Each video is between 15-20 minutes.

The last video is a longer session (~55 minutes) of a full body stretch.

After you have finished your challenge it is recommended to do a one hour stretch once a week and 15 minutes stretches 3 times a week.

Once you are happy with your flexibility results, you can maintain your flexibility with 15 minutes sessions 4 times a week.

Practice and technique are the keys for success!

CONTRAINDICATIONS

Don't practice if you are:

- On pain killers
- Pregnant
- If your doctor hasn't approved you to practice
- If you have hypermobility syndrome or Ehlers-Danlos syndrome

CONTACT ME

You still have questions? Feel free to contact me!

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