

# **WELCOME TO BETTER MOVEMENT IN MINUTES!**

*with Westrok*

Whether you are training for a strong man competition or want to pick up your new born baby, **proper movement** is the key to feeling good about what you are doing. This manual will help you to achieve efficient, effective movement!

**Efficient movement requires practice and constant development.** Life causes our bodies wear and tear, so continuous work is necessary to prevent injury and aid in progress as we mature.

The physical work starts with your mind. You must find a mental awareness to how your body is feel. **Listen to your body, it gives you signs.** Don't wait until you feel pain, there are other more subtle signs that occur before pain kicks in. Being aware is the first step for almost immediate change. Sit up straight right now. All of a sudden, you are aware of your posture. You can feel a few immediate changes, like it may become easier to breath, or your shoulders and chest may seem broader. It might make you more alert. Or, it might be really uncomfortable, maybe even painful. Everyone is different.

This guide will give you a basic awareness for form and movement from a universal formula. Advanced methods are always available to you through [WWW.ROKFORCEFUSION.COM](http://WWW.ROKFORCEFUSION.COM) if you can easily and properly execute these movements and are looking for a bigger challenge. This guide is the perfect start to getting you on your way!

## **TAKE A MOVEMENT SCAN OF YOUR BODY**

Check in with your body, right now!! What do you feel, are any areas tight? Can you walk, stand, sit at your desk, bend over to pick something up? What you feel may become areas of focus, so start being aware now! The worst thing you can do is ignore the signs your body gives you, it's like slapping yourself in the face - don't do that! It is also very important to be able to distinguish between a body part that is tight, not accustomed to a movement so has discomfort, and absolute pain. It is a very fine line and everyone perceives pain differently, so just be aware. If you are going through these movements and cannot distinguish if it is pain or just limitations in movement you may want to see a specialist to help distinguish. You can also book a FREE video chat consultation with a ROKFORCEFUSION specialist on [WWW.ROKFORCEFUSION.COM](http://WWW.ROKFORCEFUSION.COM) or directly with me, WESTROK, head coach of RFF. Just remember the worst thing you can do is ignore what your body is trying to tell you.

THIS IS NOT A QUICK FIX FOR A RECENT OR LONG TERM INJURY. If you have any medically diagnosed injuries or issues, listen to your doctor or health professional who knows your background.

## **THIS GUIDE WILL HELP YOU:**

- Understand the foundational movements for all levels of training
- Make your workouts more efficient
- Prevent injury
- Save time at the gym
- Execute your workout with confidence
- Become more aware of your body

Plus, it is a great preparation movement routine = good warm up for all levels of fitness!

## **DIRECTIONS & HOW TO USE THE GUIDE**

1. Read the entire guide
2. Do every exercise from beginning to end
  - A. First, foam roll (refer to the end of the guide for foam rolling patterns)
  - B. Second, practice the 5 basic movements explained in the guide
  - C. Third, foam roll again
3. Practice these movements in the mirror at home until every movement becomes second nature
4. Use these movements as a standard way to CHECK IN with your body (whats tight, whats sore?)
5. Use the movements as a preparation warmup for your daily workout
6. Use all the foam rolling movements before a workout (to prep), spending extra time on the body parts you plan to work out
7. Foam roll for a cool down
8. Foam roll after a long day at work, to unwind
9. Foam roll in the morning
10. Foam roll areas that seem tight/taught, and any areas you would want a massage therapist to work on

## **BASIC MOVEMENTS THAT BUILD A BETTER CHAIN OF MOVEMENT & A STRONGER YOU!**

The Chain of movement refers to the process of a muscle group working together to allow for one specific movement to be executed. For example: a chest press. Chest presses are not just about the overall strength of your pectoral major - in fact, the bench press equally DOES SOMETHING?????. For a successful, strong chest press, there are a number of muscles that need to be able to contract and relax at the same time to allow the chest to press at the right time, producing the force needed to push the bar away from your body. Your butt must be strong and activated. From the butt, you have the abdominal area that must be working and in sync with your breath, causing the rib cage to compress as you exhale, activating the lats which further stabilizes you as you press.

The movements in this manual encompasses the basics of most training programs, so you are learning the foundation for proper training methods!

## **RELAX!**

The more relaxed you are before you start moving, the less likely you are to cause yourself injury, which is why I included an entire section on foam rolling in the guide. It's a great way to start every workout, and it's like your personal massage therapist. THIS IS PART OF THE PORGRAM, so if you want the full benefits of this manual, FOAM ROLL.

## **THE BASIC MOVEMENTS**

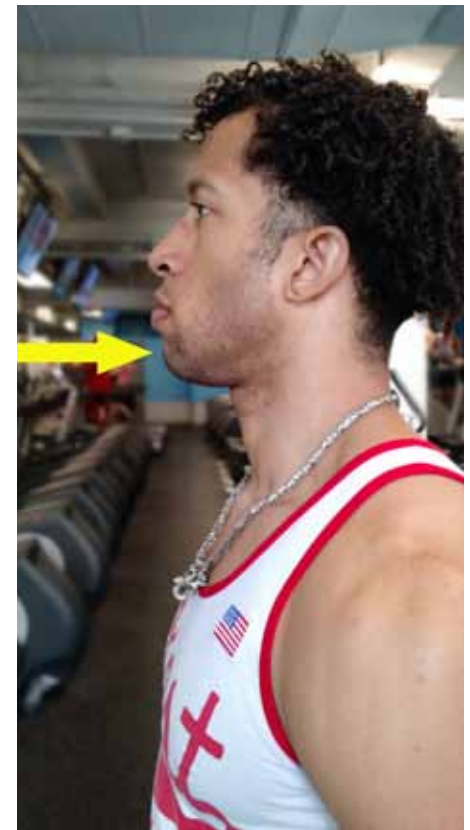
1. The Squat
2. The Push Up
3. The Lunge
4. Hip Pivot (Bending forward and back)
5. Arm Raise

## **LET THE FUN BEGIN!**

Move through each movement to check in with your body and see how you feel, you want to note what is uncomfortable and any aches or stiffness. Extreme levels of pain may be a sign of a more serious issue, for which you will want to discuss with a doctor diagnosis.

# FIRST THINGS FIRST: GENERAL PLACEMENT OF...

## THE CHIN



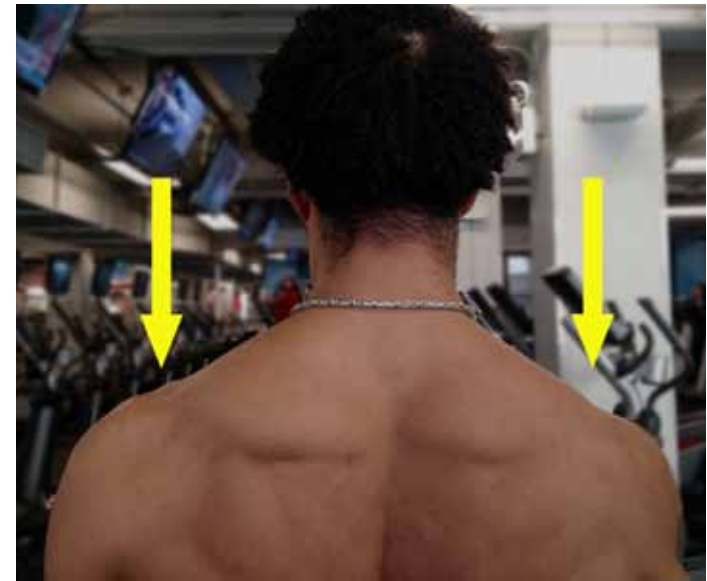
# FIRST THINGS FIRST: GENERAL PLACEMENT OF...

## THE RIBS



# FIRST THINGS FIRST: GENERAL PLACEMENT OF...

## THE SCAPULA



## THE SHOULDERS



# 1. THE SQUAT

## THE BASICS:

- Focus the weight of your body on your heels
- Shoulders should be down away from the ears further engaging the core.
- Eyes and head are neutral, looking straight forward. It can also be a helpful thing to focus your eyes on a specific location of the wall.
- Chin stays high, keeping the bottom of your chin parallel to the ground.
- Focus on taking deep breathes originating from your stomach and not your chest.
- Feet must stay shoulder width apart, with our knees tracking over our toes.
- Keep your hands up and out in front of you, for balance



## POSSIBLE PROBLEM AREAS:

Neck and shoulders  
Lower back  
Feet  
Knees

## THE MOVEMENT

- Start by engaging your gluteus.
- Drop the hips as low as possible, keeping the weight in your heels

## FOCUS & RE-FOCUS

- Breathing into your stomach at a steady pace
- Continue to focus the weight of your body on your heels, and engaging with your gluteus
- Make sure your knees are still tracking over your toes

*Modification: You can use a chair as a target (sit down) until you are comfortable*

# THE SQUAT: PROPER KNEE PLACEMENT





# 2. THE PUSH UP

## THE BASICS:

- Lay flat on the ground
- Eyes stay neutral looking straight ahead, almost touching the floor
- Hands shoulder width apart with palms flat on the ground.
- Feet wider than shoulder width apart
- Make space between your ears and your shoulders.
- Pull shoulder blades back and down into your back, engaging your core and stabilizing your body for the push up.



## THE MOVEMENT:

- Push the ground away from you as hard as possible
- As you push, exhale all the breath that you have from your core or stomach.
- As you inhale, lower yourself towards the ground

## FOCUS AND RE-FOCUS

- Deep controlled breathes makes the push up more of a core workout rather than a chest work out.
- Your torso should stabilize and remain totally parallel with the ground
- Where are your hips in relation to your shoulders?
- Make sure you are using your gluteus, so make your butt tight!

## POSSIBLE CHALLENGES

- Neck Not able to stabilize
- Lack of overall chest strength
- Tightness of mid back
- Shoulder impingement
- Lower back pain
- Little support from core.

# THE PUSH UP: DON'T DO THIS



# 3. THE LUNGE

## THE BASICS

- Eyes neutral, you should be able to see your body without dropping your head down.
- Bottom of chin parallel with the ground.
- Shoulders down, away from your ears.
- Hands relaxed by your side
- Hips should be balanced
- Knees and toes straight forward
- feet parallel to one another, and straight forward.



## THE MOVEMENT

- Take a step forward with one foot, the step should be around 2.5-3.5 ft in front of you
- FINISH EXPLAINING THIS MOVEEEMENNNTTTT
- Back knee drops to about 1 in. from the ground, so that you are up on the ball of your foot.
- All the weight of your body should be on the heel of your front foot.

## FOCUS AND RE-FOCUS

- Breath into your stomach, every breath should feel like a pump engaging your core.
- Sync your breath with the movement - exhale as your back kneed drops, inhale as you come back up
- Shoulders should still be back and head should be up and arms at your sides

## POSSIBLE PROBLEM AREAS:

- Knees
- Ankles
- Hip flexors
- Shoulders
- Lower Back
- Quads

# THE LUNGE: PROPER KNEE PLACEMENT



# 4. THE HIP PIVOT

Very often, a tight back has nothing to do with your back, it's just the centralized point where all the stress ends. Your poor back takes all the pressure of a core that doesn't stabilize or support you, and/or a gluteus that is not working. The gluteus is a huge foundation point for your overall body support, like the foundation of a building - if the foundation is weak, sooner or later the whole building will suffer. The lower back is therefore one of the most important areas to be strong and sturdy for your movement to be most efficient. Start in a side view of the mirror:

## THE BASICS:

- stand up straight
- feet shoulder width apart
- knees slightly bent, slightly sitting back into your hips.
- Shoulders back, make as much space as possible between the ears and shoulders.
- Bottom of the chin parallel to the ground
- Eyes neutral.
- body weight back on your heels
- toes straight forward.
- Put your hands on either side of your hips (for placement, bend forward briefly, your hands should be placed where that crease is)

## THE MOVEMENT:

- Engage the gluteus.
- Pivots the hips back until your legs are perpendicular to the floor and your upper body is parallel to the floor.

## FOCUS AND RE-FOCUS

- the gluteus should be the primary muscle working. Not as easy as it seems, right?!
- all of the weight of your body is on your heels and sitting back into your gluteus.

People may feel that their lower backs are cramping and the mid back will feel weak. Trust me this movement is new to you, it won't feel like this forever

## POSSIBLE PROBLEM AREAS:

Lower and/or Mid Back

Hamstrings, Calves, Neck

It may be hard to breathe

Limited range of motion

Motion may cause headache and may feel the pulling throughout your entire back.

# THE HIP PIVOT: TILTS



*ANTERIOR*



*POSTERIOR*

# THE HIP PIVOT: PROPER KNEE PLACEMENT



*NARROW STANCE*



*STANDARD*



*WIDE STANCE*

# 5. THE ARM RAISE

## THE BASICS:

- Hands by your side, facing your body, fingers spread as wide as possible.
- Deep controlled breathes into the stomach will activate the core, which allows for proper support.



## THE MOVEMENT:

- Take three long breathes into the stomach
- On the 3rd breath, raise your arms to the ceiling.
- As you raise your arms, think about making space from your shoulders and ears.
- sink your scapula as deep as possible into your back to make sure that you have your shoulders pulled back.
- Try to get your hands past your ears.

## FOCUS AND RE-FOCUS

- Syncing your breath with the movement to get the gut engaging.
- Make sure to reach through your arms only, and not your torso.

## POSSIBLE PROBLEM AREAS:

- Latissimus Dorsi
- The mid back area
- The rib cage when you are trying to reach up as you exhale out
- Tension in the neck area.



# THE ARM RAISE: PROPER KNEE PLACEMENT



*NARROW STANCE*



*STANDARD*



*WIDE STANCE*

# RELAX & RECOVER

You have gained a lot of information about your body through these exercises. You are now **more aware** of your body and its movements, you have learned how things *should* be moving and can recognize the **specific areas of tightness, discomfort or other concern** that your body may be going through. With this knowledge, you are ready to put the next and final section of this guide to proper and effective use...

**FOAM ROLLING** is a great way to massage and relax the areas of your body that don't generally get much attention unless you are paying \$150-200 per hour for a professional massage. **The benefits of foam rolling are extensive and long term.** It is great for movement preparation in the warm up stage of a training session, and it also helps with recovery after a training session. The 48 hours after you hit the gym are crucial to helping your body become stronger and preparing your body for your next day of training. Foam rolling aids in eliminating waste from your body, so that you can be ready for your next workout quicker.

In the 6 Movement we discussed, you learned to recognize where the aches and pains are in your body that keep you from moving at your best. You now have the reference points you need to ease those aching parts. Here, we will go over the best foam roller exercises for each body part. If you do not have a foam roller handy, you can also use a tennis or lacrosse ball, or other type of roller.

# R&R: LEG AREAS

*The 5 drills on this page are for those who are extremely sensitive to the foam roller. When you initially foam roll, it may be uncomfortable or even unbearable. Please, continue to foam roll because it will benefit you immensely. Use these drills to warm up or “wake up” your muscles before putting your full body on the roller.*



Muscle Wake Up: create a fist and gently hit the side of your gluteus, thigh, and other areas



Light Muscle Massage:  
Front thigh, from hip to knee  
2-5 minutes, focusing on any tender points



Light Inner Calf Roll: Roll from ankle to knee, 2-5 minutes, focusing on any tender points



Light Outer Calf Roll: Roll from ankle to knee, 2-5 minutes, focusing on any tender points



Light Inner Thigh Roll: Roll from inner thigh to knee, 2-5 minutes, focusing on any tender points

# R&R: LEG AREAS



Calf: Roll from ankle to knee,  
2-5 minutes, focusing on any tender points



Calf (Advanced): Roll from ankle to knee,  
2-5 minutes, focusing on any tender points



Peroneal: Roll from ankle to knee,  
2-5 minutes, focusing on any tender points



Peroneal (Alternate View): Roll from ankle to knee,  
2-5 minutes, focusing on any tender points

# R&R: LEG AREAS



IT Band: Roll from hip to knee, 2-5 minutes, focusing on any tender points



IT Band (Advanced): Roll from hip to knee, 2-5 minutes, focusing on any tender points



Gluteus: sit directly on the foam roller and work from the top of your butt to the bottom, 2-5 minutes, focusing on any tender points



Hip Area: Roll from waist to bottom of your glute, staying slightly tilted to the side, 2-5 minutes, focusing on any tender points

# R&R: LEG AREAS



Inner Thigh: Roll from hip to knee, 2-5 minutes, focusing on any tender points (particularly near the knee)



Hamstring: Roll from hip to knee, 2-5 minutes, focusing on any tender points



Quad: Roll from hip to knee, 2-5 minutes, focusing on any tender points



Quad (Advanced): Roll from hip to knee, 2-5 minutes, focusing on any tender points



Quad (Advanced): Roll from hip to knee, 2-5 minutes, focusing on any tender points

# R&R: UPPER BODY AREAS



Chest Area: Roll from bottom of chest to top of chest, 2-5 minutes, focusing on any tender points



Chest Area (Alternate View): Roll from bottom of chest to top of chest, 2-5 minutes, focusing on any tender points



Lat: Roll from arm pit to mid of rib cage , 2-5 minutes, focusing on any tender points



Neck: Roll base of neck to bottom of skull, make sure you are rolling from side to side, 2-5 minutes, focusing on any tender points

# R&R: UPPER BODY AREAS



Lower Back Area: Roll from small of back up the mid back, 2-5 minutes, focusing on any tender points



Mid-Back Chest Stretch: Move arms up and down to work on movement and flexibility of the chest and shoulder area, 2-5 minutes, focusing on any tender points



Mid-Back Chest Stretch (Alternate View): Move arms up and down to work on movement and flexibility of the chest and shoulder area, 2-5 minutes, focusing on any tender points



Mid Upper Back: Roll from mid back to base of neck, 2-5 minutes, focusing on any tender points



Mid Upper Back (Advanced): open your shoulder blades by hugging your body and roll from side to side, working between the shoulder blade area, 2-5 minutes, focusing on any tender points



Mid Upper Back (Advanced): open your shoulder blades by hugging your body and rolling from side to side, working between the shoulder blade area, 2-5 minutes, focusing on any tender points