

Regen Master List

Regen for Common Areas and Movement Patterns

- Common Movements
 - **Bench**
 - Soft Tissue
 - KB Chest
 - Lax T-Spine
 - Lax Post Delt
 - Mobility
 - Foam Roll Chest Stretch
 - Shoulder Overhead
 - Pec Stretch
 - RPR
 - Shoulders
 - Rotator Cuff
 - Activation
 - Arm Bar
 - **Cleans/Snatches**
 - Soft Tissue
 - KB Calf
 - Lax Glutes
 - KB Gut Smash
 - Lax T-Spine
 - Lax Post Delt
 - KB Chest
 - KB Lats
 - Mobility
 - Banded Anterior Ankle Knee Drivers
 - Banded Lizard
 - Couch Stretch
 - Banded Lat
 - Banded Shoulder Overhead
 - RPR
 - Shoulder
 - Rotator Cuff
 - Diaphragm
 - Psoas
 - Glutes
 - Quads
 - Hamstrings
 - Activation
 - T's, Y's
 - SL Glute Bridges
 - **Deadlifts**
 - Soft Tissue
 - Lax Feet
 - Lax Quads
 - Roll Hamstrings
 - Lax Glutes
 - KB Lats
 - Mobility
 - Rib Rolls
 - Banded Lizard
 - Banded Hip Flexor 3-way
 - Banded Hamstring Pumps

- RPR
 - Diaphragm
 - Psoas
 - Glutes
 - Hamstrings
 - Lats
 - Activation
 - Arm Bar w/lateral rotation
 - SL Glute Bridges
- **Pull-Ups**
 - Soft Tissue
 - KB Lats
 - Lax T-Spine
 - Mobility
 - Banded Shoulder Overhead
 - Banded Lat
 - RPR
 - Lats
 - Activation
 - 8-month posture
- **Rucking**
 - Soft Tissue
 - Lax Feet
 - Lax Quads
 - KB Gut Smash
 - KB Chest
 - Lax T-Spine
 - Mobility
 - Rib Rolls
 - Press Ups
 - Shinbox Extension to hinge
 - Half Kneeling Knee Drivers
 - Hip Flexor Stretch 3-Way
 - RPR
 - Diaphragm
 - Psoas
 - Glutes
 - Activation
 - Glute Bridges
 - Birddogs
 - 2" Lunge Holds
 - I's, Y's, T's, W's
- **Run/Sprints**
 - Soft Tissue
 - Lax Feet
 - Lax Tibialis Anterior
 - KB Calf
 - KB Quad Temper
 - Roll Hamstrings
 - KB Groin
 - Lax Glutes
 - Lax Glute Meds
 - KB Gut Smash

- Mobility
 - Bretzle
 - Banded Anterior Knee Driver
 - Super Couch Stretch
 - Banded Hamstring Pumps
 - Banded Lizard
 - Quadruped Side Rocker
- RPR
 - Diaphragm
 - Psoas
 - Glutes
 - Quads
 - Hamstrings
 - Abdominals
- Activation
 - Psoas Bench Activation
 - Alternating SL Glute Bridges
- **Squats**
 - Soft Tissue
 - Lax Feet
 - KB Calf
 - Lax Quads
 - Roll Hamstrings
 - Lax TFL
 - KB Groin
 - KB Gut Smash
 - Lax T-Spine
 - Mobility
 - Rib Rolls
 - Banded Hip Flexor 3-way
 - Banded Lizard
 - Banded Hamstring Pumps
 - Press-Ups
 - RPR
 - Diaphragm
 - Psoas
 - Glutes
 - Quads
 - Hamstrings
 - Activation
 - KB Goblet Squat Holds
 - SL Glute Bridges

Defining Regen and Terms

- Soft Tissue
 - Reason
 - “Fascial release technique”
 - Relieve neural tension
 - Start with soft tissue mobilization to increase blood flow and relieve neural tension. Relieving neural tension will allow the muscle to relax to allow better movement during the mobility section.
 - Tools
 - Barbell (BB)
 - Kettlebell (KB)
 - Lacrosse Ball (Lax)
 - Areas (Bottom to Top)

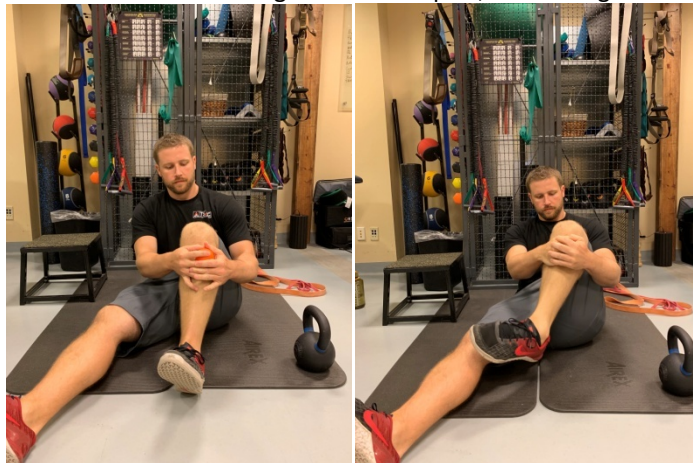
- Foot

- BB or Lax
- Work from the heel to the inside arch. You can place the lax ball under the balls of the foot and begin to open and close the toes.
- This area is good for plantar fasciitis, or any foot pain, and calf tightness. Everything runs up the chain so the foot is always a good place to start.



- Tibialis Anterior

- BB, KB, Lax
- When using the BB or KB, sit on the ground with legs straight and turn the foot in slightly. Take the BB or KB and roll over the whole length of the muscle. Stay off the bone. When using lax ball, while sitting, pull ball into muscle and move foot in circles. Work down the length of the muscle.
- This area is good for shin splits, and calf tightness.



- Medial Tibialis

- Lax
- Use lax ball, sit cross-legged and push ball along the inside (medial) portion of shin. Push ball into muscle, push and twist, or roll along muscle. Run down the length of muscle. You can move foot in circles for extra benefit.
- This area is good shin splits, and soreness from running.



■ Peroneals

- Lax
- Use lax ball, push into muscle, or roll along the length of the muscle on the outside of leg. You can put the ball on the ground and place leg on top of the ball while laying on your side. Move foot in a circle.
- This area is good running soreness, and post ankle sprain.



■ Calf

- BB, KB, Lax
- When using BB you will need a partner. While lying prone, have partner roll BB along calf. You can twist leg inside and outside to hit different sections of calf. When using a KB, place KB on ground handle up and place leg on top of handle. Movements performed are foot circles, rotate leg left and right, and work from above the Achilles to back of knee. When using lax ball, place lax ball on calf and squeeze lower leg to thigh. You will get more leverage grabbing near ankle. Rotate foot in circles.
- This area is good for running soreness, tight hamstrings, plantar fasciitis, and shin splints. This will also allow better mobility for squat depth.



■ Quads

- BB, KB, Lax
- When using BB or KB you can roll or temper the quad. Lean against wall or rack to allow your body to relax. Slowly roll KB or BB along the length of the quad. Turn leg inside and outside to hit all of the quad. Lay prone when using the lax ball. Place ball on lateral (outside) of quad and perform a few hamstring curls. Move ball up or down the quad and continue hamstring curls.



■ Hamstrings

- BB, KB
- The easiest way to get the hamstring is to use a foam roller. The more effective tools are the KB and BB with a partner. While lying prone, have partner roll KB or BB along the length of the muscle. When you find a knot, have partner press tool harder into the muscle and perform hamstring curls.



▪ Groin

- BB, KB
- When using BB, lay on side with legs separated while BB rolls along groin. When using KB, lay prone with KB on its side. Bend knee back and forth. Move KB along length of muscle.



▪ Tensor Fascia Latae or TFL

- Lax
- Lay on side with ball on TFL. While in position move leg back and forth simulating a squat pattern. You can also lift leg up or push into ground. When pushing into ground you should feel the muscle flex. This way you know you are on the right muscle.



▪ Glutes

- Lax
- Sit with lax ball placed under glute. The glute with ball underneath should have leg crossed over the other.



- Stomach

- KB
- Place KB on its side. Lay prone on KB so that it is pushing into the stomach without hitting bone. Relax chest and legs and exhale so KB can sink in. While in this position perform hamstring curls and external and internal rotation at hip.



- Chest (Pecs)

- KB
- Place KB on side. Lay prone with chest (pec) on KB. While in this position move arm in a snow angel position moving your arm from overhead to behind the back.



- T-Spine

- Lax
- Lay on back with lax ball between spine and shoulder blade. Hug arms together roll over ball. Other movements include moving the arm from hip to overhead, snow angel, and lifting arm towards and ceiling and back towards ground. After performing 3 reps with each movement slide down so ball rolls up the back. Perform movements again.



- Traps

- BB
- Place BB on weight rack with weight on the bar. Stand under the bar and roll bar across trap. You can also perform an overhead press and snow angel movement with arm. You can also pull the bar into the trap and look away from the trap. It will stretch the neck.



- Post Delt

- Lax
- Lay on side and place lax ball under deltoid. While in the position perform a sleeper stretch.



- Lats

- KB
- Place KB on side. Lay on top of KB with lat directly on KB. While in this position perform overhead press movement, or rock side to side on KB.



- Time, Sets, Reps

- Generally go for 30 seconds to 2 minutes depending on soreness, and size of muscle.

- Mobility

- Tools

- Foam Roll
 - Kettlebell
 - Resistance Band

- Movements

- Foot/Ankle

- Foot Love

- Spread toes and interlace fingers between them. While interlaced rotate and bend foot and toes.
 - Tips: Start with tips of finger when starting out.
 - Stretch: Feet and toes



- Knee Driver

- Half kneel position and push knee over toes.
 - Tips: Keep heel on the ground as you drive knee over toes.
 - Stretch: ankle mobility and gastroc/soleus



- Banded Anterior Knee Driver

- Band, box or bench
 - Attach band low on rack and other end around foot low on ankle. Place foot on elevated position on a box or bench. The band should be pulling posterior and down on foot. Then perform knee driver by pushing knees over toes.
 - Tips: Keep heel down during stretch. Place band across malleolus of the ankle.
 - Stretch: ankle mobility and gastroc/soleus



- Knee/Hips

- Couch Stretch

- Bench or Box
- Get into half kneel position with back foot on bench or box.
- Tips: Stay tall, squeeze glute, and slightly push hips forward.
- Stretch: quads, and hip flexor/psoas



- Super Couch Stretch

- Bench or box, band
- Attach band to rack in a low position. Step into band with the knee that will be on the ground. Get into half kneel position with back foot on bench or box.
- Tips: Stay tall, squeeze glute, and slightly push hips forward.
- Stretch: quads, and hip flexors/psoas



- Banded Hamstring Pumps
 - Band
 - Attach band low on a rack. Step into band with leg. Pull band as high on the hip as possible. Face away from band attachment. Stand with legs split. The banded leg should be forward. Start with that knee bent and move chest as close to knee as possible while reaching towards foot. Keep chest close to knee and straighten leg back and forth.
 - Tips: Get leg as straight as possible while keeping chest as close to knee as possible.
 - Stretch: Hamstring
 - Alternative: Can be done without band.



- Double Banded Hamstring Stretch
 - Two bands
 - Attach one band low on a rack. While laying on back pull first band around leg. Loop other band around foot. Pull leg back to stretch hamstring.
 - Tips: Keep both legs straight. Keep unbanded leg on the ground.
 - Stretch: Hamstring



- Banded Lizard
 - Band
 - Starting position: Attach band low on rack. Start in a long lunge position with band high around forward hip. Keep front foot flat on ground and back leg off ground throughout entire stretch.
 - Internal rotation: While in lunge position rotate towards leg that is forward. Place bottom elbow on ground and reach up with other hand. For more of a glute stretch bring chest closer to knee.
 - External rotation: While in lunge position rotate away from forward leg. Push knee away from trunk as far as possible.
 - Tips: Keep front knee outside of foot.
 - Stretch: Groin, hip flexor, glutes



- Quadruped Side Rocker

- While on hands and knees cross one leg over the other. Lean towards the leg that is crossed. Sit back slightly for glute stretch.
- Tips: Don't sit back too far.
- Stretch: Glute med/IT band



- Frog

- Start on hands and knees. Spread knees wider than hips and externally rotate feet. Sit back on heels to feel more stretch.
- Tips: Make sure knees are wide enough to feel stretch. Knees can become uncomfortable during stretch. Use foam pads for comfort.
- Stretch: Groin



- Frog Lateral Leg

- Start on hands and knees. Place one leg out to the side in line with the knee. Sit back to feel stretch.
- Tips: Keep back straight.
- Stretch: Groin



- Hip Internal Rotation

- Rack, post, or bench
- Start in half kneel position. Place the inside ankle of the back leg (knee on ground) against rack or anything solid. Rotate towards the knee that is down.
- Tips: Stay tall during stretch. This will not feel like a normal stretch. It is a capsular stretch that will feel deep inside the hip.
- Stretch: Hip capsule



- Low Back/Abdominals

- QL (Quadratus Lumborum) Stretch

- Sit on ground with legs apart. Reach over the top of your body towards your leg. Should feel this stretch in the low back.
 - Tips: Legs do not have to be straight for this stretch.
 - Stretch: QL (Quadratus Lumborum)



- Press-ups

- Lay prone, flat on ground with hands next to chest. Push chest off of ground. Breathe out at top of stretch and hold position for a few seconds.
 - Tips: Relax posture, and point feet away.
 - Stretch: Abs



- T-Spine

- Bretzle

- Lay on your side. Grab your top knee with your bottom arm and pull it to chest. Take top arm and grab bottom foot and pull behind body. Get as much separation between knees as possible. Try to push your top knee to the ground while pulling top shoulder to the ground. Hold position and belly breathe.
 - Tips: Stretch is better with a partner pushing on knee and shoulder.
 - Stretch: T-Spine, Lumbar spine, glutes, hip flexors, and quads.



- Rib Rolls

- Lay on side with both knees together and pulled up towards chest. Bottom hand holds knees together while top hand pulls chest open.
- Tips: Put low back against post or rack to stabilize lumbar spine for better t-spine stretch.



- Foam Roll T-Spine Twist

- Foam roller
- Start on hands and knee with foam roll at your side. Sit back on your heels and remain there to lock in the lumbar spine. The arm next to the foam roll shoulder be in front and remain straight during stretch. The other arm reaches through with back of hand on foam roller. Twist t-spine towards straight arm for stretch.
- Tips: Stay on your heels. If you lift up then you are using your lumbar spine for lack of t-spine mobility.



- T-Spine Windmills

- Lay on side as in Rib Roll position or bottom leg can be straight. Arms straight in front of chest. Keep bottom arm in place and rotate top arm 180°overhead keeping it as close to the ground as possible and then reverse it.
- Tips: Keep top knee on ground.



- Frog T-Spine Twist

- Start on hands and knees. Spread knees wider than hips and externally rotate feet. Sit back on heels. One arm stays straight on the ground while other hand is placed on chest or behind head. Rotate and open up chest towards ceiling.
- Tips: Keep arm that is touching the ground straight throughout the exercise.



- KB Rotation to Press(Advanced)

- KB ($\leq 32\text{lb}$), foam block (optional)
- Lay on side as if in Rib Roll position. Use foam block or pad for head support throughout exercise so as not to strain neck. Bottom arm can support head or hold onto knees to keep them from opening up. Chest should be perpendicular to floor. Top arm should hold KB with lat flexed keeping shoulder away from ear. KB should be under control. It should not be too heavy. Simultaneously open up chest and bend elbow allowing KB to push shoulder down. Goal is for shoulder to touch floor. Rotate back to starting position.
- Tips: Put your back against rack or post to control lumbar movement.
- **Caution:** Do not elbow to be lower than chest. It will put the shoulder capsule in a bad position. Bigger KB does not mean a better stretch.
- Stretching: T-spine/chest



- Shinbox Rotation

- Start in seated position with one leg in front and other at side in a 90/90 position. If right leg is in front then place right hand slightly away from hip. Twist spine to put left hand through right arm.
- Stretching: T-spine, and hips



- Shoulder/Wrist

- Banded Shoulder Overhead

- Band
- Attach band to rack one to two feet above head. Loop band through arm pit. While facing away from the rack, lean slightly forward keeping a planked body position. Activate lat to keep shoulders squared. While engaging lat throughout exercise, lift arm to slightly above shoulder level.
- Tip: Keep lat engaged and shoulders pulled back.
- Stretch: Lat and shoulder mobility



- Banded Lat Stretch

- Band
- Attach band to rack one to two feet above head. Loop hand through band so that you don't have to grip the band. This will allow the whole arm to relax. While facing the rack, step back, and lean forward with arm being pulled toward rack. Turn palm towards the ceiling. On the same side as the arm on stretch, swing the leg behind the body to increase the stretch.
- Stretch: Lat



- **Banded Shoulder Front Rack**

- Attach band to rack one to two feet above head. Loop band behind bent elbow. While facing away from rack, step out and keep a planked body position. Allow band to pull elbow up towards head and hold position. Make sure palm is facing ceiling (mimic a front squat position).
- Tips: Keep elbow close to head. If the elbow moves away it could cause a pinch in the shoulder. For additional neck stretch, look away from arm that is up.
- Stretch: Lat/shoulder mobility/scalene



- **Banded Shoulder Pull Across**

- Attach band to rack one to two feet above head. Loop band through hand so that you don't have to grip the band and relax arm. Shoulders should be perpendicular to the rack with the band on the outside arm. Lean away from rack and allow band to pull arm across chest.
- Tips: Play with position to feel stretch behind deltoid. This stretch can be tricky to find.
- Stretch: Posterior deltoid



- **Sleeper Stretch**

- Lay on side. Bottom arm will be in a 90/90 position. While maintaining position internally rotate arm. Place top hand on other hand apply light pressure for extra stretch.
- Stretch: shoulder capsule



- **Foam Roll Pec Stretch**

- Long Foam Roll
- Lay on foam roller so that head to butt is supported. While palms are facing down, move arms in a snow angel movement.
- Tips: Keep low back flat against foam roll. You can vary hand positions to feel different stretches.
- Stretch: Pecs, and biceps



- **Foam Roll Lat Stretch**

- Foam Roll
- Start on hands and knees with foam roller in front of hands. Place one hand on foam roller with palm facing up. Simultaneously move hand away from body while sitting back on heels. Allow other arm to bend to keep shoulders square with ground.
- Tips: Make sure you sit back on heels. If your butt stays up all you are doing is pinching the shoulder.
- Stretch: Lats



- Wrist Extensor Stretch

- Bench
- Stand next to bench with hands on bench. Rotate arms and hands inwardly as far as possible with top of hands on bench. Straighten elbows and rock side to side for stretch. You can also slightly bend elbows to have a different stretching effect.
- Stretch: wrist extensors



- Wrist Flexor Stretch

- Bench
- Stand next to bench with hands on bench. Rotate arms and hands outwardly as far as possible with palms on bench. Straighten elbows and lean away from bench for stretch. Variations include slightly bent elbows or allowing fingers to curl.
- Stretch: wrist flexors



- Reflexive Performance Reset

- Diaphragm
- Psoas
- Glutes
- Shoulders
- Rotator Cuff
- Lats
- Abdominals
- Glute Med
- Quads
- Hamstrings

- Activation

- Exercises

- Tools

- Barbell

- Kettlebell

- Activation Exercises

- Plank Shoulder Taps

- Start in push-up position. Spread feet apart. Maintain tight core with glutes squeeze to minimize rotation at the hips. Flex lats for upper body control. Alternate touching hand to opposite shoulder.



- KB Pull Throughs

- KB

- Start in push-up position. Spread feet apart. Maintain tight core with glutes squeeze to minimize rotation at the hips. Flex lats for upper body control. Place KB under left side of chest. With the right hand, pull KB towards right side of chest and alternate.



- Bench Psoas Activation

- Bench

- Stand next to bench with one foot flat on bench. While staying as tall as possible, lift foot off of bench and hold for 2-3 seconds. This will activate the psoas.
 - Don't lean back to lift leg. Stay tall and don't bend knee.



■ KB Goblet Squat Holds

- KB
- Perform a goblet squat. When in the bottom of squat, hold position for four seconds.



■ Toe Touch Progression

- 25lb plate and lax ball
- Place lacrosse ball between knees and squeeze to set hips. Stand with heels on 25lb plate. Slowly bring chin to chest and reach towards toes rounding the back as much as possible. Make as big as a curve as possible with the back. Then reverse it and stand up straight, open chest, and tilt head back. After a few reps, place feet flat on floor and repeat. Lastly, place balls of feet on 25lb plate putting calves on stretch and repeat stretch.



- **Single Leg Glute Bridges**

- Lay on back with feet flat on ground. Brace core and lift one leg up. Use glute and hamstring to drive force through foot on ground to lift up. Then reverse to original position.
- Tip: Do not overarch back. Should not feel in back. Do not allow opposite hip to drop.



- **Glute Bridge Marches**

- Lay on back with feet flat on ground. Brace core and lift one leg up. Use glute and hamstring to drive force through foot on ground to lift up. While keeping hips straight alternate legs.
- Tips: Do not allow opposite hip to drop during transition.



- **KB Arm Bar**

- KB
- Lay on side with KB close to chest. Rotate to back. Make sure feet are flat, low back is flat to the ground, and press KB straight up. Keep elbow and wrist straight and shoulder pulled back into ground. Lats should be engaged and trap should not be engaged. Keep feet and back flat on ground. Hold position.
- Tips: Use a 30lb KB. Squeeze lats and KB throughout exercise.



- KB Arm Bar w/lateral rotation

- KB
- Proceed into KB arm bar position. Bring knees up to a 90/90 position. Drop legs away from KB while keeping shoulder pinned to ground. Use abs to bring legs to original position.
- Tips: Make sure shoulder does not leave ground during exercise. This is a good activation exercise for core but also a good stretch for the T-spine and lumbar spine.



- Shinbox extension to hinge

- Get into shinbox position or 90/90 with legs while sitting on the ground. While in position use glutes to lift butt off ground while driving through knees to get as tall as possible. Reverse slowly in a controlled decent.



- 8-month posture

- Get into shinbox position. If right leg is in front then move right hand off hip. Pull shoulder back and lift yourself off the ground pushing through hand by using lats.

