

Creating Better Movement through Sequencing

The key to long lasting changes in movement is the proper sequencing of stimulus. The specific sequence that research has found to be the most beneficial is:

Inhibit (Clear any soft tissue restrictions by foam rolling, The Stick, etc.)

Lengthen (Stretch muscles that tend to shorten/tighten, paying special attention to imbalances & asymmetries)

Activate (Stimulate muscles that are opposite/antagonistic to the tight and inhibited areas)

Integrate (Use the newly trained areas in full body integrated movement patterns)

Examples of this sequence are as follows:

Inhibit	Lengthen	Activate	Integrate
Foam Roll Quads	Ball Quad Stretch	Glute Bridges	Squats
Tennis Ball Psoas	½ Kneeling Psoas Stretch	Lower Ab Heel Taps	Split Squats
Foam Roll/Tennis Ball TFL	Hip Roll/TFL Stretch	Lateral Tube Walk	Lateral/Crossover Lunge
Stick/Foam Roll Calves	Pro Stretch Calf Stretch	Single Leg Balance	Single Leg Squats
Foam Roll Pec/Shoulder	Doorway Stretch	Seated Wall Rotations	Cable Row
Foam Roll Lats	4 Point Lat Stretch	Forward Ball Roll	Pull Ups
Foam Roll/Tennis Ball Piriformis	90/90 Stretch	Supine Twist	Cable Wood Chops
Foam Roll/Stick Hamstrings	Track Hamstring Stretch	2x4 Bend Sequence	Romanian Deadlifts
Stick/Tennis Ball Neck	Seated Neck Stretch	Prone Cobra	Single Arm Overhead Press