

Strength Hacking Course: Day 7 Map

Flexible Steel ankle openers



Neutral foot

Heel pointed out

(Side view of both)

For the flexible steel ankle openers, place the 'knuckles' of the foot on the floor, and dip down slightly until you feel a stretch in your instep.

Original Strength foot locks



A

B

A = point the toes on the left foot and place the back of the toes of the right foot on the heel. Rock back and forth GENTLY in this position

B = curl the toes on the left foot and place the toes of the right foot gently on the heel of left and rock. Again, be GENTLE

Mission #1: In your next workout, do all of the above moves for 1-3 sets of 15-20 reps. Be conservative with range of motion, and don't force anything.

NOTE: With these movements, a little dab will do you. If you feel only a very slight stretch, this is where you should stop. Over doing these can do a number to you, so be conservative.

Shoulder, forearm, and upper arm stretches



A

B

A = sit down and reach your arms back behind you until you feel a very slight stretch in the shoulders. Rest in this position for 60 seconds. Keep your elbows straight!

B = Press up into a straight bridge and squeeze the triceps to maximally stretch the biceps. Repeat for 20 seconds.

Wrists and hands



A

B



C1

C2

A = Place the entire back of your hand on the floor and tighten your fists. Move your elbows toward each other and try to straighten your arms out (you likely won't get them to straighten 100%. That's okay, as long as you get a stretch in the back of the forearm). Bend them to relax, and repeat. Do this 10 times

B = Place your palms flat on the floor and lift the heel of your hands up as high as you go until only your fingers are resting on the floor. You will likely not get them very far. As far as you can go (without pain, of course) is just fine. Do 10 reps.

C1 = Begin with the fists flat on the ground, hands squeezed together tightly. Very gently, roll your wrists forward so that your thumb joint gets closer to the ground.

C2 = Next, roll back in the opposite direction, letting your thumb joint point up toward the sky while letting your elbows bend. Repeat for 10 reps

Mission #2: At the beginning of your next workout, do the 'shoulders and arms' routine for 2 rounds, and the wrist section for 3 rounds.