

The GRID

This is a hands-free, travel friendly, self-massager for any personal trainers to use with their clients and in a group class format.

The GRID represents a revolutionary advancement over traditional foam roller technology. It's made of EVA, uses less foam than your ordinary foam roller, and won't break down or lose its shape.

It is designed to help you achieve benefits that are associated with Myofascial Release Therapy and related massages and killer core workouts!

In this first release we are giving you a taster of some of the SMRT-CORE Essential movements, which allow the body to simultaneously strengthen the core while increasing the blood flow to specific muscle groups and provide self-myofascial release to targeted myofascia prior to strengthening.



1. CALF THRUSTER

Level 1:



Level 2 & 3:



Target Areas:

- Core, Shoulders/SMRT-Massage: Soleus, Gastroc.

Technique:

- Place the GRID beneath the base of both calves, hands by sides, slightly in front of hips.
- Hinge hips and rock body forward. Open through hips and chest at top of movement.
- Relax the feet, keeping the toes pointed to release the soleus.

Modification:

- If lifting the hips is too difficult, keep the hips grounded and slide the glutes along the floor to execute the massage.

2. HAMSTRING ROLL

Mid Hamstring



High Hamstring



Targeted Areas:

- Core/SMRT-Massage: Hamstrings.

Technique:

- Position The GRID beneath one leg, midway between knee and glute. Pull opposite knee towards the body. Hips back 2-3 inches, GRID rolls down mid hamstring.
- Plantarflex (point toes) and dorsiflex (pull toes back).

Modification:

- Hurdlers Stretch position, Position The GRID beneath outstretched leg, base of glute. Engage core and lengthen spine.

3. UPPER THRUSTER PROGRESSION

Level 1:

- Hinge and lift hips, straight line from knee to shoulders, static throughout.



Level 2:

- Roll The GRID to top of shoulders & back to start.



Level 3:

- Repeat above 3 passes, pause at top of 4th pass for 2 seconds. Push up and pull down.



Level 4:

- Repeat above with one leg option

Targeted Areas:

- Core, hips, Glutes/SMRT-Massage: Erector Spinae, Lats, Rear Deltis, Rhomboids, Trapezius.

Technique:

- Maintain adequate pressure on The GRID. Avoid rolling up onto the neck region.

Modification:

- If neck support is required, cradle the head into the hands.

4. PERONEALS PROGRESSION

Level 1:

- Hold side plank position, rotated towards the floor at a 45-degree angle, elbow directly beneath the shoulder, foot on the floor in front of the shin. GRID rolls up the peroneal region.



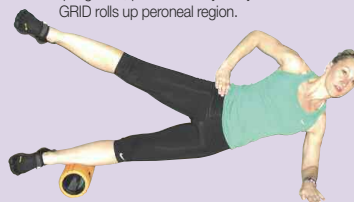
Level 2:

- Legs stacked, forearm grounded, push the body away from the elbow.



Level 3:

- Lift and lower top leg OR lift top leg and hold side plank position. Top leg lifted; push the body away from the elbow. GRID rolls up peroneal region.



Targeted Areas:

- Core (Obliques), Shoulders / SMRT-Massage: Peroneus Muscles

Technique:

- Chest and Hips squared and open. Hips and obliques remain lifted.

Modification:

- If additional bodyweight is required or the pressure to the peroneals region is too intense, bring the top arm in front of the body, planting the palm in front of the navel.

*This can also be done for the Anterior Tibialis with the body position at a side plank position rotated towards the floor at a 45 degree angle, elbow directly beneath the shoulder.

5. QUADS PROGRESSION

Level 1:

- Hold plank GRID applies static pressure.



Level 2:

- Push body away from the elbows, GRID rolls up QUADS.



Level 3:

- Pull shoulders past the elbows approx 1-2 inches.



Targeted Areas:

- Rectus Abdominus / SMRT Massage: Rectus Femoris, Vastus Intermedius.

Technique:

- Maintain shoulder, hip stability and alignment. Relax the feet.

Modification:

- If both legs will not comfortably fit on The GRID, Execute the movement in plank position with one leg on The GRID and toes of opposite foot planted to aid in stability.

6. ADDUCTOR ROLL

Level 1:

- Start mid-thigh close to hip, small roll. Lift the hips and repeat, roll GRID slowly with control.



Level 2:

- Lift opposite arm.



Targeted Areas:

- Adductors/SMRT-Massage: Adductors.

Technique:

- Hips on the ground, ensuring elbows under the shoulders.

Modification:

- Keep the hips low and static pressure.

7. LAT ROLL

Level 1:

- Begin laterally outstretched on the floor with The GRID placed perpendicular to the body, beneath upper portion of the lat. Slide the body towards the feet 1-2 inches, allowing The GRID to roll up lat region.



Level 2:

- Come onto your side & stack the knees, hold the grid with the other arm, increase ROM



Targeted Areas:

- Lats / SMRT-Massage: Lats.

Modification:

- If the neck requires support, support with the bottom hand.

Kelly is part of the Physical Company & GRAVITY UK training team and comes with over 20 year's fitness experience from cruise ships to fitness management. She currently works as a UK Master Trainer in GRAVITY® on Total Gym, BOSU Balance Trainer®, Flowin, GLIDING, Trigger Point – The GRID, and Kranking. She has also brought her experience as a tri-athlete to become part of the Livestrong Indoor Cycling team in 2010. With her passion and enthusiasm Kelly continues to present unique training throughout the UK, whilst also running her own Bootlicious Boot camp urban workouts which have received widespread media attention.

CLICK HERE TO VIEW THE VIDEO VERSION OF THIS PROGRAMME ON A PLATE