

## Viper Volleyball's Alignment/Recovery Menu

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| # | Sets | Reps | Duration | ECise                       |
|---|------|------|----------|-----------------------------|
| 1 | 1    | 1    | 0:05:00  | Static Back                 |
| 2 | 3    | 10   |          | Static Back Pullovers       |
| 3 | 3    | 10   |          | Static Back Reverse Presses |
| 4 | 1    | 1    | 0:01:00  | Upper Spinal Floor Twist    |
| 5 | 1    | 10   |          | Cats & Dogs                 |
| 6 | 1    | 1    | 0:15:00  | Supine Groin w/ Towels      |
| 7 | 1    | 10   |          | Cats & Dogs                 |
| 8 | 1    | 1    | 0:02:00  | Airbench                    |

### Instructions:

Do these exercises at the end of the day to realign your bodies. Restoring proper postural alignment will relieve chronic pain, reduce injuries and increase athletic performance.

1

## Static Back

prepared for Viper Volleyball



Hold this eCise for 05 min.

### Instructions:

Lie on your back with your legs up over your inflatable large block or up over a chair/couch. Your arms are at 45 degrees and your palms up. Try to relax your upper back and notice if your low back is flat evenly from left to right. **HOLD**

### Purpose:

This exercise creates horizontal load between shoulder and pelvis, which contributes to thoracic extension by engaging the stabilizers and flexors of the hip. This position helps prevent compensation from occurring while performing other types of muscular work.

**2**

**Static Back Pullovers**

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Do 3 sets. Each set consisting of 10 repetitions.

**Instructions:**

While in Static Back (leg propped and knees bent at 90 degrees), clasp hands tightly and keep elbows straight. Keeping both arms straight bring arms back behind your head, and back up to starting position. Abdominals are relaxed.

**Purpose:**

This exercise re- establishes proper glide of the scapula to promote thoracic extension. This Static Back position creates horizontal load between shoulder and pelvis, which contributes to thoracic extension by engaging the stabilizers and flexors of the hip. This position helps prevent compensation from occurring while performing other types of muscular work

**3**

## Static Back Reverse Presses

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Do 3 sets. Each set consisting of 10 repetitions.

### Instructions:

Lie on your back with your knees bent over the large inflatable block. Place your elbows straight out from your shoulders with your hands up toward the ceiling. Squeeze and release your shoulder blades together and downward.(not upward) Try to relax your stomach muscles and do NOT just try to push your elbows into the floor. This motion will help you but we want you to focus on the squeezing and releasing of your shoulder blade muscles. REPEAT

### Purpose:

This exercise promotes shoulder girdle stability for thoracic extension. This Static Back position creates horizontal load between shoulder and pelvis, which contributes to thoracic extension by engaging the stabilizers and flexors of the hip. This position helps prevent compensation from occurring while performing other types of muscular work

**4**

**Upper Spinal Floor Twist**

prepared for Viper Volleyball



Hold this eCise for 01 min.

**Instructions:**

Lie on one side in the fetal position with your arms straight out ahead of you on the floor. Open the top arm to the other side and look in the same direction. Do NOT let your knees come apart while moving the arm to the other side. You can take your bottom arm over to hold the knees together. HOLD this position and allow your body to Open up.

**Purpose:**

This exercise promotes upper torso rotation to engage the pelvic girdle stabilization response

## 5

## Cats & Dogs

prepared for Viper Volleyball



Repeat this eCise 10 times

### Instructions:

1. Get on your hands and knees
  - \* Be sure that your hips are directly above your knees and that your shoulders are directly above your hands
  - \* Fingers should be pointed forward
2. For the Cat position: Pull your hips under, pull your head under and push your upper back to the ceiling to round your back up high
3. For the Dog position: Roll your hips forward to put an arch in your back, collapse your shoulder blades together and look up
4. Slowly move back and forth between the Cat and Dog positions
5. Repeat as directed on your menu

### Notes:

- \* Remember to drop your shoulder blades together in the Dog position
- \* Exhale on Cat and inhale on Dog

### Purpose:

This exercise promotes bilateral spine flexion and extension while loading the shoulder and hip joints.

**6**

## Supine Groin w/ Towels

prepared for Viper Volleyball



Hold this eCise for 15 min.

### Instructions:

Lie on your back with the inflatable rolls under your neck and your low back, right behind your belly button. Place the bent leg up over the large inflatable block and the other leg straight out blocked off from the side. Lie with your palms up and your upper body relaxed. Now, tighten the straight leg thigh without tightening the butt muscle. Feel where the hardest part of the contraction is. (Probably, just above the knee) Relax the contraction and in 5 minutes tighten it up again and see if the contraction has moved up the thigh toward the hip. Relax and repeat in 5 minutes. Repeat process on other leg.

### Purpose:

This exercise promotes an elongation of the hip and groin muscles. The effect of this action, along with the position of the body around the towels, will create a chain reaction of muscular response in the upper body

7

**Cats & Dogs**

prepared for Viper Volleyball



Repeat this eCise 10 times

**Instructions:**

1. Get on your hands and knees
  - \* Be sure that your hips are directly above your knees and that your shoulders are directly above your hands
  - \* Fingers should be pointed forward
2. For the Cat position: Pull your hips under, pull your head under and push your upper back to the ceiling to round your back up high
3. For the Dog position: Roll your hips forward to put an arch in your back, collapse your shoulder blades together and look up
4. Slowly move back and forth between the Cat and Dog positions
5. Repeat as directed on your menu

**Notes:**

- \* Remember to drop your shoulder blades together in the Dog position
- \* Exhale on Cat and inhale on Dog

**Purpose:**

This exercise promotes bilateral spine flexion and extension while loading the shoulder and hip joints.

**8**

**Airbench**

**prepared for Viper Volleyball**



Hold this eCise for 02 min.

**Instructions:**

1. Stand against a wall with your feet and knees hip width apart and your feet facing straight ahead
2. Walk your feet away from the wall while sliding down at the same time
  - \* You should end up like you are sitting in a chair that isn't there
  - \* Your hips are very slightly higher than your knees; your ankles are slightly ahead of your knees
  - \* Your lower back should be completely flat against the wall
3. Hold this position and keep the weight in your heels

**Notes:**

- \* Your hands and arms should be relaxed down at your sides or resting lightly on your lap
- \* Once you have lowered yourself into a sitting position your lower back should be flat against the wall

**Purpose:**

Through this exercise, promotes proper function of the lower load joints while stabilizing the opposing pelvis.