

FASCIAL MOBILISERS



&

Personal Training



Fascial Mobilisers

Did you know fascial mobilising facilitates tissue hydration? Drink watering when sedentary doesn't allow the water to be absorbed by the tissues.

Smooth, rhythmical movement like fascial mobilising encourages the body's internal pumping system to move fluid throughout the body.

I'm going to take you through two fundamental fascial mobilisers I learned from an amazing guy in our industry, Ian Odwyer.



Fascial Mobilisation exercises are a wonderful way to help improve your mobility.

A fascia is a band or sheet of connective tissue, primarily collagen, beneath the skin that attaches, stabilizes, encloses and separates muscles and other internal organs.

A fascinating fact about fascia is, it is one continuous structure that exists from your head to your toes without interruption. I told you this for a reason so you will see why these special mobilisers work.



The key point here is to work within your threshold. You need subtle movement, don't force the muscle. We need to create change through intelligent movement. So the movements are small, smooth and rhythmical.

The first one I'm going to show you is what we call **sit and reach**. This is what I use in my own training and with my clients.

[Watch this video by the same title under the video tab to see Ginera demonstrate this technique/exercise first hand.]



Exercise 1:

Sit & Reach



Stand with your feet slightly wider than hip width apart. (Imagine when bending your knees that your pelvis is coming down between your legs).

Reach your arms out in front of you with your fingertips coming together at the midline.

Then come back up to standing.

This is not as squat. With a squat we try to get as low as possible.

What we are doing here is going down as far as your body says, "I am getting a bit sticky at the front of my hips".



Keep doing this up and down and notice your body movement and work with your range of movement.

Notice how far you go and where your levels of tension are.

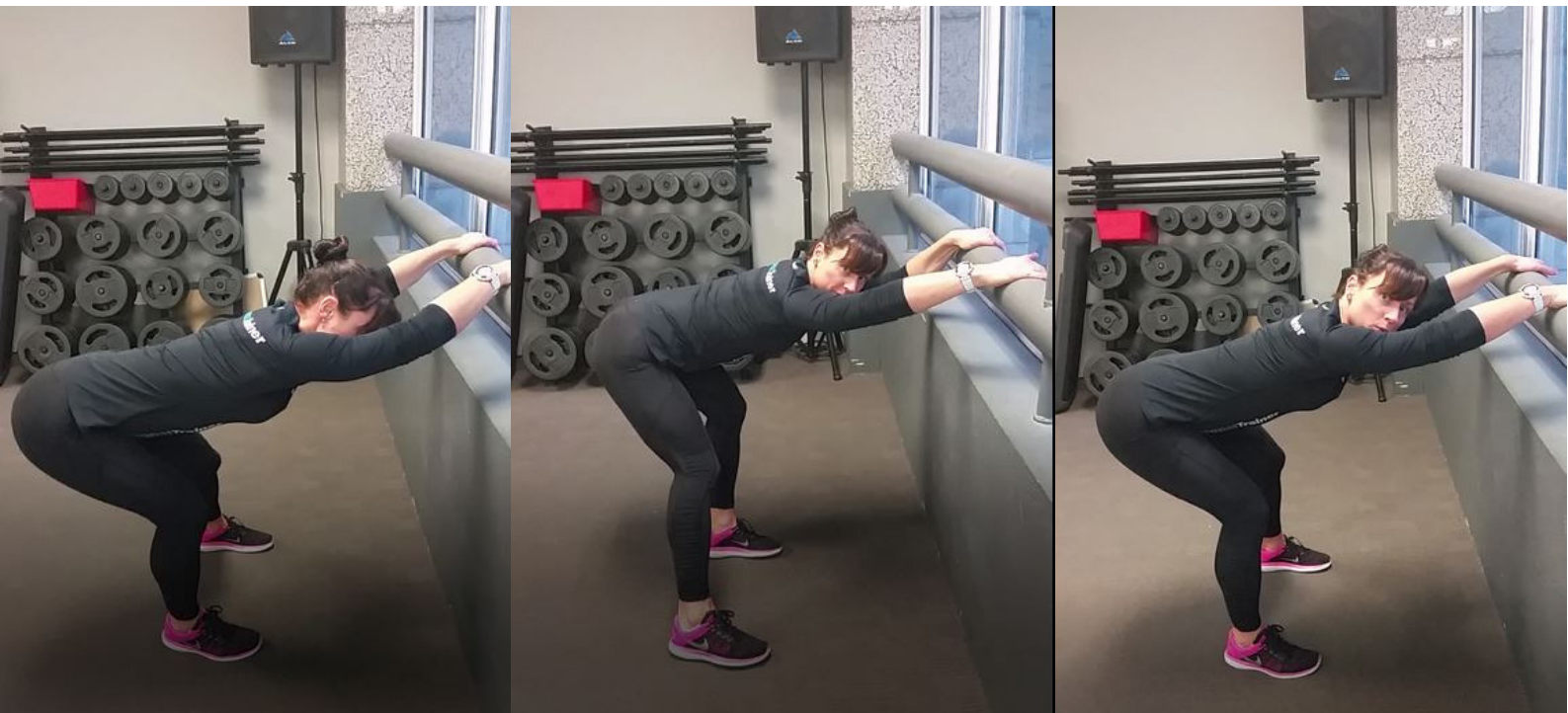
The second movement is the **sit and sway**

[**Watch this video by the same title under the video tab to see Gintera demonstrate this technique/exercise first hand.**]



Exercise 2:

Sit & Sway



You can do this at home. You can actually suction your palms into your kitchen or dining room table if you don't have an exercise bar to hold onto.

Standing up. Keep your feet slightly wider than hip width apart.

Keep your knees bent.

Point your sit bones (bum) out behind you.

Start to sway from side to side, move as far as you can from side to side, we want to go as far as we feel comfortable.



It is a nice swaying action. Leading with your pelvis and thinking about your pelvis rolling. Swaying from side to side. Arms are long and send your my sit bones back.

You will feel slight tension through your lower back.

**Come back to your sit and reach position.
Do the first exercise again.**

**You should notice the movement is easier
and any areas that were stuck originally
are now released.**

Do each mobiliser for about 45 to 60 seconds.



This Ebook is a collaboration between Gintera Linton-Ozich, Trainer at vitalityhealthsolutions & Global Healing Exchange

