

MOBILITY DECK

Collapse.Stash.Go.



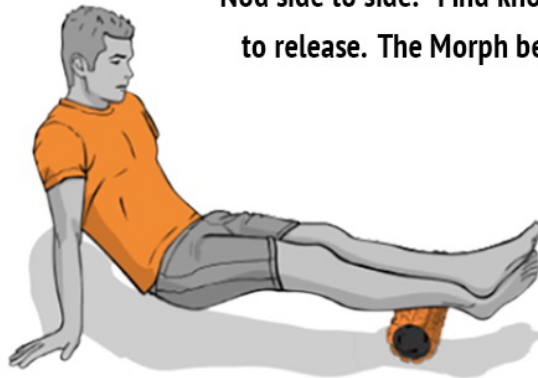
Rise & Shine

6 Moves - 6+Minutes



6. Neck Roll: 1 minute

Nod side to side. Find knots & pause to release. The Morph below neck.



5. Calf Roll: 30 seconds each side

Cross legs to isolate one calf. Roll along entire calf. Change foot angle to massage full lower leg.



1. Chest Opener: 30 sec. - 1 minute

Hands behind head. Relax upper body and allow chest to open. The Morph below mid-back.

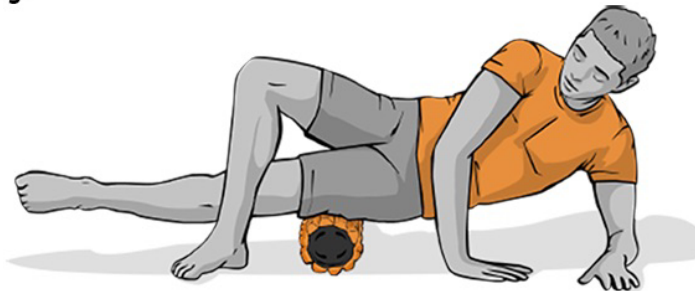


2. Back Adjustment / Release: 1 minute

A) Round back to isolate vertebrae. Roll entire spine.
B) Find knots and use short rolling cycle to release.

4. IT Band Roll: 30 sec. - 1 minute each side

Roll along the side of leg from knee to hip. The Morph rolls along IT band.



3. Hip Flexor Stretch: 30 seconds each side

Relax down leg. The Morph below tailbone.



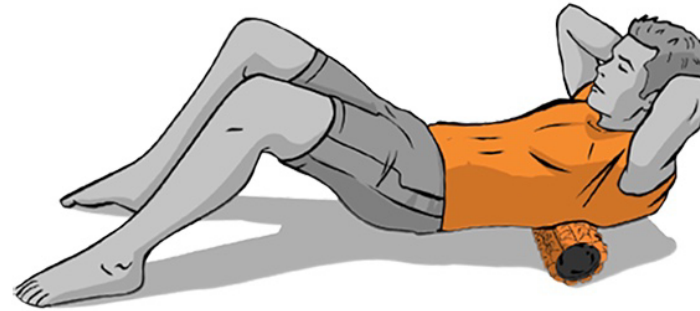
#BrazynLife

Upper Body Day

5 Moves - 5+ Minutes



5. Gluteus Release: 30 seconds each side
Cross leg and roll deeply into that glute.
The Morph rolls into gluteus muscles.



1. Back Adjustment / Release: 1 minute
A) Round back to isolate vertebrae. Roll entire spine.
B) Find knots and use short rolling cycle to release.



2. Chest Opener: 30 sec. - 1 minute
Hands behind head. Relax upper body and allow chest to open. The Morph below mid-back.



4. Lat Release: 30 sec. - 1 minute each side
Roll into lat muscles with a short back and forth motion.
Pause in tight areas with The Morph below the lat muscles.



3. Pectoral Release: 30 sec. - 1 minute each side
Roll across chest muscles with a short back and forth motion. Pause in tight areas. The Morph rolls from front of shoulder to mid-chest area.



#BrazynLife

Back Healer

5 Moves - 5 Minutes



1. Side Opener Stretch: 30 seconds each side
Hips/shoulders vertical. The Morph below hip bone.



2. Hip Flexor Stretch: 30 seconds each side
Relax down leg. The Morph below tailbone.



3. Figure 4 Stretch: 30 seconds each side
Cross leg and grab up knee.
The Morph below tailbone.



5. Back Adjustment / Release: 1 minute
A) Round back to isolate vertebrae. Roll entire spine.
B) Find knots and use short rolling cycle to release.



4. Gluteus Release: 30 seconds each side
Cross leg and roll deeply into that glute.
The Morph rolls into gluteus muscles.



#THEMORPHFOAMROLLER

De-Stress

6 Moves - 6+ Minutes



6. Lazy Log (Conversion Kit Req.): 1 minute +
Support head with pillow. Relax for desired length of time.
The Morph running length of spine.



5. Figure 4 Stretch: 30 seconds each side
Cross leg and grab up knee.
The Morph below tailbone.



1. Hip Flexor Stretch: 30 seconds each side
Relax down leg. The Morph below tailbone.



2. Back Adjustment / Release: 1 minute
A) Round back to isolate vertebrae. Roll entire spine.
B) Find knots and use short rolling cycle to release.



4. Neck Roll: 1 minute
Nod side to side. Find knots & pause to release.
The Morph below neck.



3. Chest Opener: 1 minute +
Hands behind head. Relax upper body and allow chest to open. The Morph below mid-back.



#BrazynLife

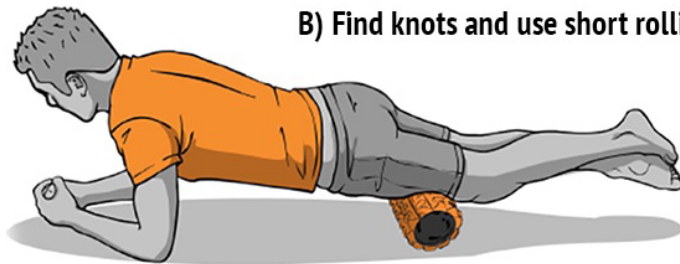
Leg Day

6 Moves - 6+ Minutes



6. Back Adjustment / Release: 1 minute

- A) Round back to isolate vertebrae. Roll entire spine.
- B) Find knots and use short rolling cycle to release.



5. Quad Roll: 30 seconds each side

Cross legs to isolate single quad. Roll from knee to hip flexor. The Morph rolls along quad.



1. Gluteus Release: 30 seconds each side
Cross leg and roll deeply into that glute.
The Morph rolls into gluteus muscles.



2. Hamstring Roll: 30 seconds each side
Cross legs to isolate single hamstring. Roll from glute to back of knee. The Morph rolls hamstring.

4. Adductor Roll: 30 sec. - 1 minute each side
Leg out to the side. Roll along inside of leg.
The Morph rolls along groin.



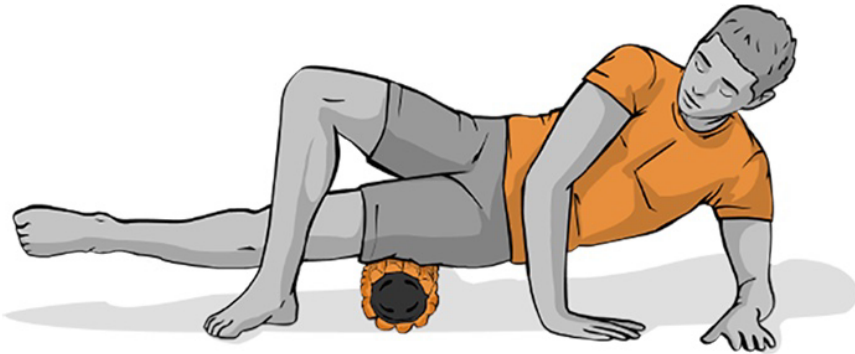
3. IT Band Roll: 30 sec. - 1 minute each side
Roll along the side of leg from knee to hip.
The Morph rolls along IT band.



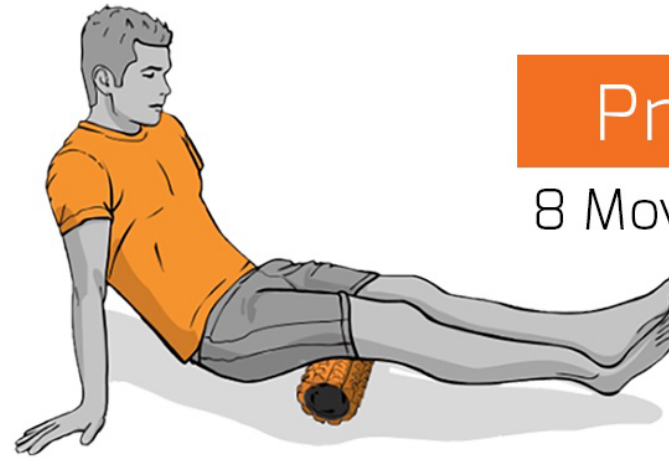
#THEMORPHFOAMROLLER

Pre-Race

8 Moves - 10 Minutes



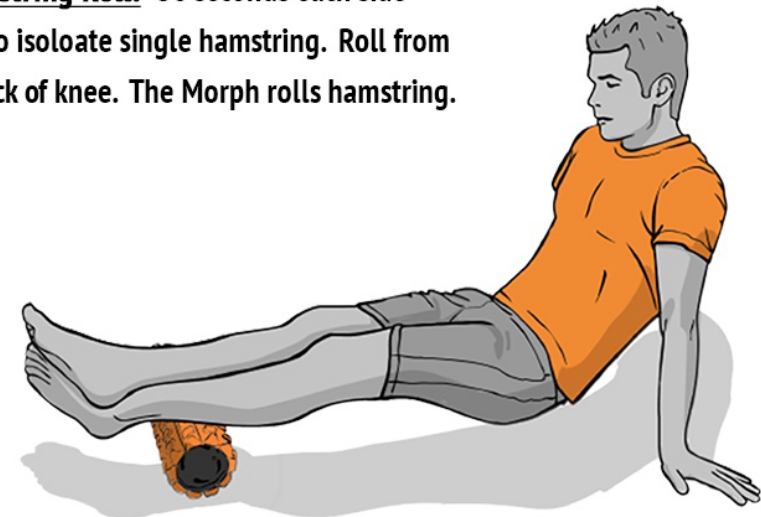
1. IT Band Roll: 30 sec. - 1 minute each side
Roll along the side of leg from knee to hip. The Morph rolls along IT band.



2. Hamstring Roll: 30 seconds each side
Cross legs to isolate single hamstring. Roll from glute to back of knee. The Morph rolls hamstring.



4. Quad Stretch: 30 sec. - 1 minute each side
The Morph below one knee. Grab foot with one or both hands. Allow muscles to loosen & stretch.



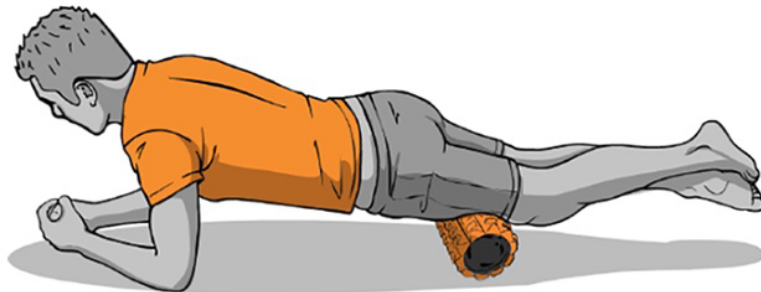
3. Calf Roll: 30 seconds each side
Cross legs to isolate single calf. Roll entire length of calf. Change foot angle to massage full lower leg.



#BrazynLife

Pre-Race (Cont.)

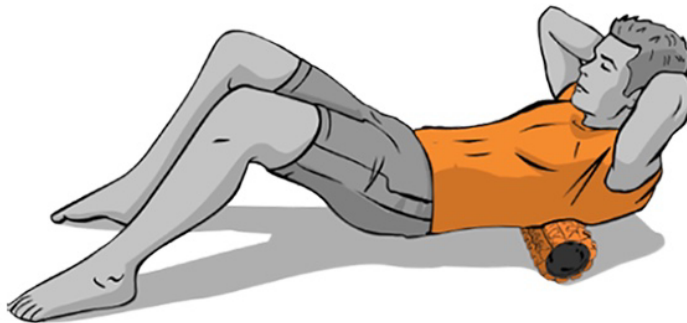
8 Moves - 10 Minutes



5. Quad Roll: 30 seconds each side
Cross legs to isolate single quad. Roll from knee to hip flexor. The Morph rolls along quad.



6. Pidgeon Pose: 30 sec. - 1 minute each side
Cross leg and stretch deeply into glute and outer thigh. The Morph positioned parallel to thigh bone.



8. Back Adjustment / Release: 1 minute
A) Round back to isolate vertebrae. Roll entire spine.
B) Find knots and use short rolling cycle to release.



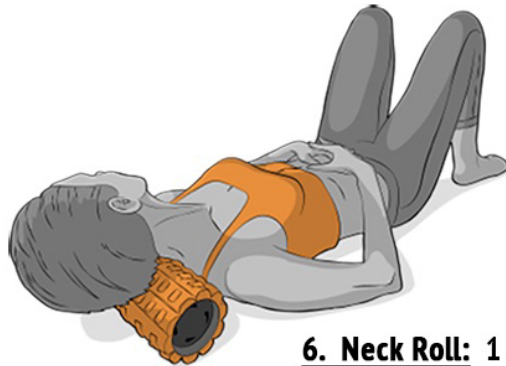
7. Hip Flexor Stretch: 30 seconds each side
Relax down leg. The Morph below tailbone.



#THEMORPHFOAMROLLER

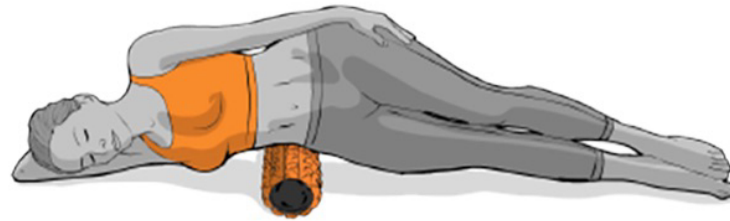
Recovery Day

14 Moves - 20 Minutes



6. Neck Roll: 1 minute

Nod side to side. Find knots & pause to release. The Morph below neck.



1. Side Opener Stretch: 30 seconds each side
Hips/shoulders vertical. The Morph below hip bone.



2. Hip Flexor Stretch: 30 seconds each side
Relax down leg. The Morph below tailbone.



5. Chest Opener: 30 sec. - 1 minute
Hands behind head, relax upper body and allow chest to open. The Morph below mid-back.



3. Figure 4 Stretch: 30 seconds each side
Cross leg and grab up knee.
The Morph below tailbone



4. Quad Stretch: 30 sec. - 1 minute each side
The Morph below one knee. Grab foot.
Allow muscles to loosen & stretch.



#BrazynLife

Recovery Day (Cont.)

14 Moves - 20 Minutes



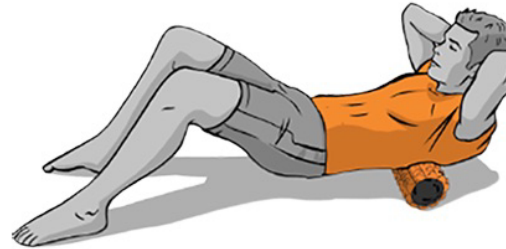
13. Pectoral Release: 30 sec. - 1 minute each side
Roll across chest muscles with a short back and forth motion from front of shoulder to mid-chest area.



12. Quad Roll: 30 seconds each side
Cross legs to isolate single quad. Roll from knee to hip flexor. The Morph rolls along quad.



#THEMORPHFOAMROLLER



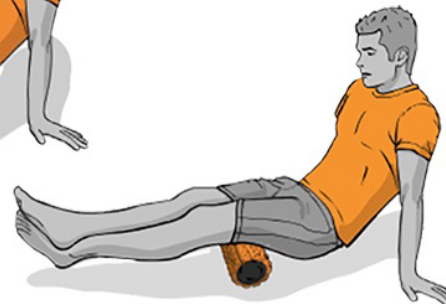
7. Back Adjustment / Release: 1 minute
A) Round back to isolate vertebrae. Roll entire spine.
B) Find knots and use short rolling cycle to release.



14. Lat Release: 30 sec. - 1 minute each side
Roll into lat muscle with a short back and forth motion. Pause in tight areas.



11. Calf Roll: 30 seconds each side
Cross legs to isolate single calf. Roll entire calf.
Change foot angle to massage full lower leg.



10. Hamstring Roll: 30 seconds each side
Cross legs to isolate single hamstring. Roll from glute to back of knee.



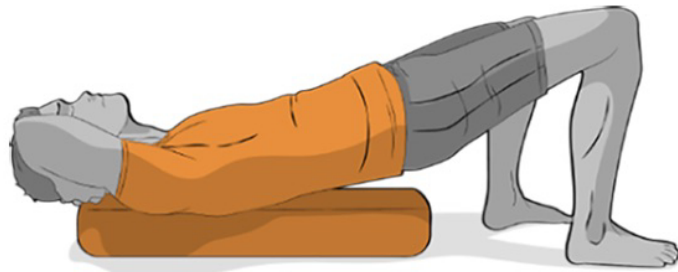
8. Gluteus Release: 30 seconds each side
Cross leg and roll deeply into that glute.
The Morph rolls into gluteus muscles.



9. IT Band Roll: 30 sec. - 1 minute each side
Roll along the side of leg from knee to hip. The Morph rolls along IT band.

Work Break

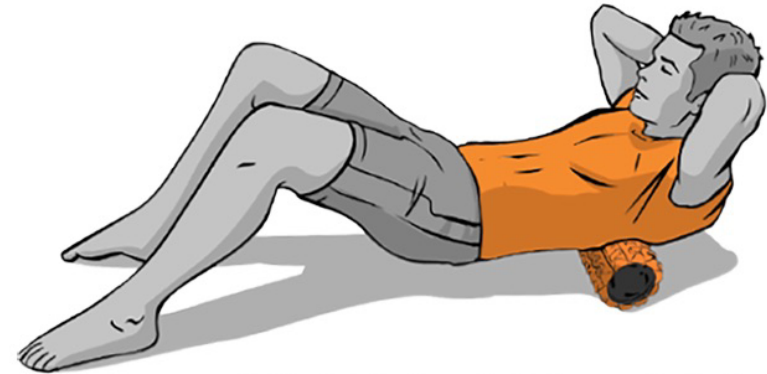
4 Moves - 4 Minutes



4. Isometric Posterior Activation: 30 seconds, 30 reps
Raise hips into bridge position and hold for 30 count, then pulse hips 30 times. Alternatively, hold bridge for 1 Minute.
(Conversion Kit Not Required)



1. Gluteus Release: 30 seconds each side
Cross leg and roll deeply into that glute.
The Morph rolls into gluteus muscle.



2. Back Adjustment / Release: 1 minute
A) Round back to isolate vertebrae. Roll entire spine.
B) Find knots and use short rolling cycle to release.



3. Chest Opener: 30 sec. - 1 minute
Hands behind head. Relax upper body and allow chest to open. The Morph below mid-back.



#THEMORPHFOAMROLLER