

Rise & Shine

6 Moves - 6+ Minutes



6. Neck Roll: 1 minute

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



5. Calf Roll: 30 seconds each side

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



1. Chest Opener: 30 sec. - 1 minute

Hands behind the 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.

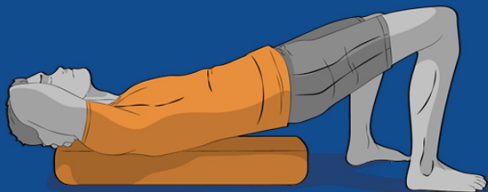


3. Hip Flexor Stretch: 30 seconds each side

Relax down leg. The Morph below tailbone.

Work Break

4 Moves - 4 Minutes



2. Isometric Posterior Activation: 30 Sec, 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 sec. each side
Cross leg and roll deeply into that glute.
The Morph rolls into glute muscle.



1. Chest Opener: 30 sec. - 1 minute

Hands behind the 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.

De-Stress

6 Moves - 6+ Minutes



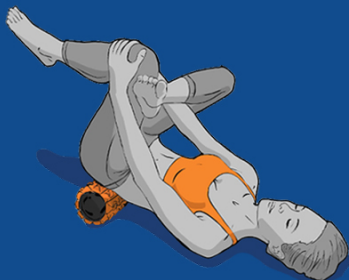
1. Hip Flexor Stretch: 30 seconds each side
Relax down leg. The Morph below tailbone.



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.



6. Lazy Log (Conversion Kit Req.): 1 min +
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.

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



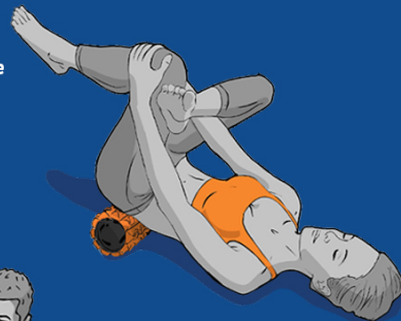
3. Chest Opener: 1 minute +
Hands behind the head. Relax upper body and
allow chest to open. The Morph below mid-back.

The Back Healer

5 Moves - 5 Minutes



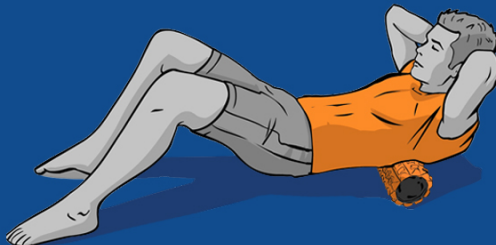
2. Hip Flexor Stretch: 30 seconds each side
Relax down leg. The Morph below tailbone.



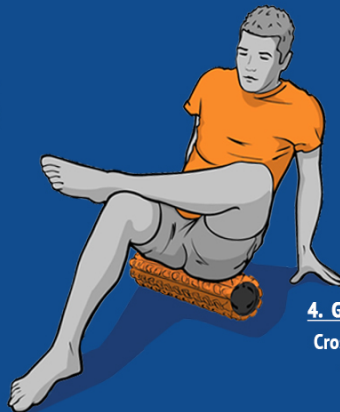
3. Figure 4 Stretch: 30 seconds each side
Cross leg and grab up knee.
The Morph below tailbone.



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



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 glute muscle.

Upper Body Day

5 Moves - 5+ Minutes



5. Gluteus Release: 30 sec. each side
Cross leg and roll deeply into that Glute.
The Morph rolls into Glute muscles.



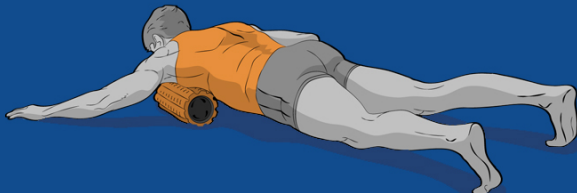
2. Back Adjustment / Release: 1 minute
A) Round back to isolate vertebrae: Roll entire spine.
B) Find knots and use short rolling cycle to release.



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



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

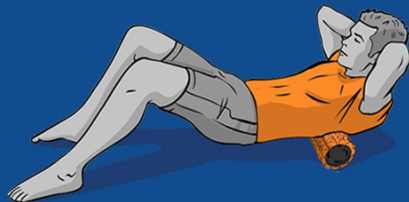


3. Pectoral Release: 30 sec. - 1 min. each side
Roll across chest muscles with a short back and forth motion. Pause in tight areas. The Morph rolls from front of shoulder to mid-chest area.

Leg Day

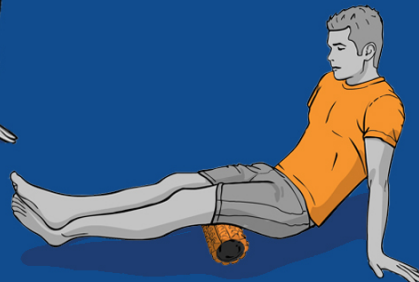
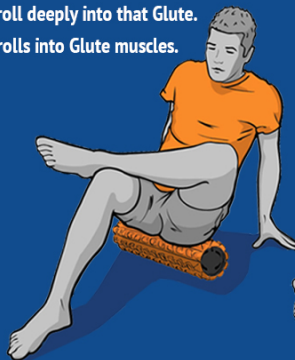
6 Moves - 6+ Minutes

2. Gluteus Release: 30 sec. each side
Cross leg and roll deeply into that Glute.
The Morph rolls into Glute muscles.

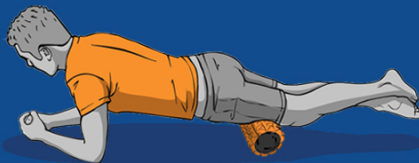


1. Back Adjustment / Release: 1 minute

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

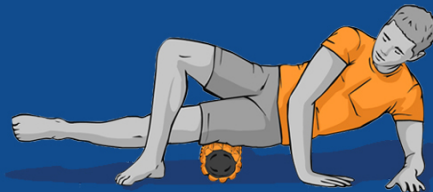
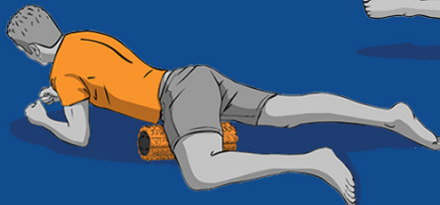


3. Hamstring Roll: 30 seconds each side
Cross legs to isolate single Hamstring. Roll from Glute to back of knee. The Morph rolls Hamstring.



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

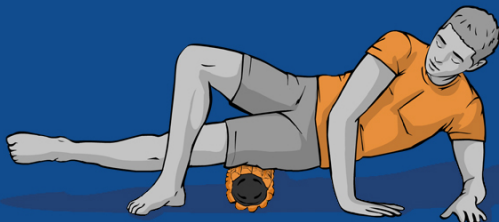
5. Adductor Roll: 30 sec. - 1 min. each side
Leg out to the side. Roll along inside of leg.
The Morph rolls along groin.



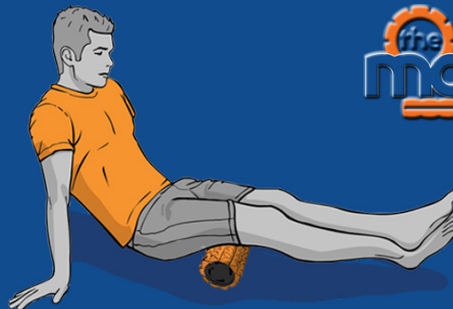
4. IT Band Roll: 30 sec. - 1 minute each side
Roll along the side of leg from knee to hip. The Morph rolls along IT band.

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.



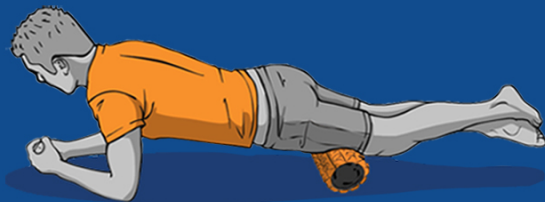
- 5. Quad Stretch:** 30 sec. - 1 minute each side
The Morph below one knee. Grab foot with one or both hands. Allow muscle to loosen & stretch.



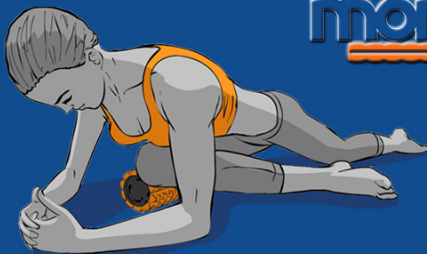
- 3. Calf Roll:** 30 seconds each side
Cross legs to isolate single calf. Roll entire length of Calf. Change foot angle to massage full lower leg.

Pre-Race (Cont.)

8 Moves - 10 Minutes



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



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



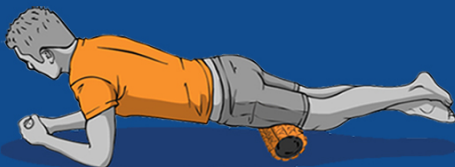
8. Back Adjustment / Release: 1 minute
A) Round back to isolate vertebrae: Roll entire spine.
B) Find knots and use short rolling cycle to release.



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

Post-Race

6 Moves - 6+ Minutes



2. Quad Roll: 30 seconds each side

Cross leg to isolate single Quad. Roll from knee to hip flexor. The Morph rolls along Quad.



1. Quad Stretch: 30 sec. - 1 minute each side

The Morph below one knee. Grab foot with one or both hands. Allow muscle to loosen & stretch.



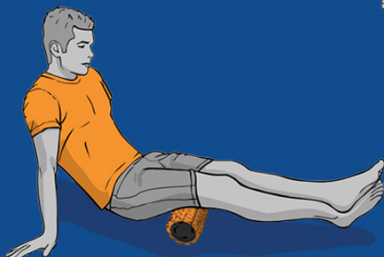
3. Adductor Roll: 30 sec. - 1 min. each side

Leg out to the side. Roll along inside of leg. The Morph rolls along groin.



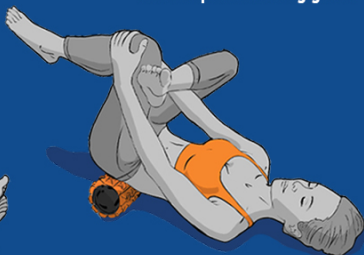
6. Gluteus Release: 30 sec. each side

Cross leg and roll deeply into that Glute. The Morph rolls into Glute muscles.



5. Hamstring Roll: 30 seconds each side

Cross legs to isolate single Hamstring. Roll from glute to back of knee. The Morph rolls Hamstring.

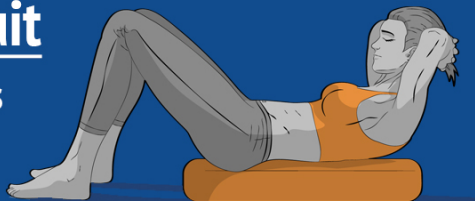


4. Figure 4 Stretch: 30 seconds each side

Cross leg and grab up knee. The Morph below tailbone.

Ab Stability Circuit

4 Moves - 7+ Minutes
(Conversion Kit Recommended)



1. Ab Crunches: 30 Reps

Engage low abs and crunch upper torso vertically.

Increase Difficulty: - Narrow foot base to reduce stability.

- Crunch to a 3 count.



4. Knee Tucks: 30 Reps

Start in plank position with roller beneath upper-shin area. Pull knees into a tuck position.
Increase Difficulty: Pause at the top for a 1 count.

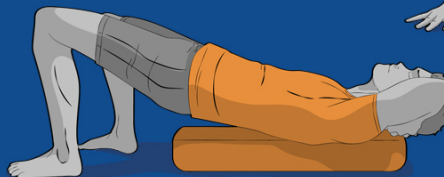


2. Dead Bug Marches: 20 Reps/Leg

Engage low abs. Slowly march with alternating legs.

Increase Difficulty: - Arms off the ground to reduce stability (place hands behind head).

- March to a 4 count trying to keep the roller perfectly stable.



3. Ab Curl Bridges: 30 Reps

Starting with tailbone, slowly curl low body off the roller trying to raise one vertebrae at a time up to bridge position.

Increase Difficulty: - Narrow foot base to reduce stability

- 3 counts to up position, 3 counts down.

Beginner - 1 Round
Moderate - 2 Rounds
Advanced - 3 Rounds

Recovery Day

14 Moves - 20 Minutes



6. Neck Roll: 1 minute

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



5. Chest Opener: 30 sec. - 1 minute

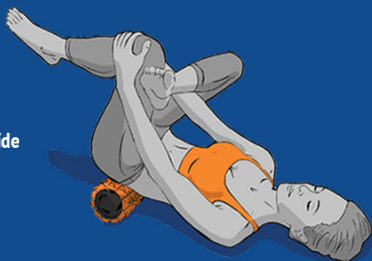
Hands behind the head, relax upper body and allow chest to open. The Morph below mid-back.



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.



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

Recovery Day (Cont.)

12 Moves - 20 Minutes



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.

8. Gluteus Release: 30 sec. each side
Cross leg and roll deeply into that Glute.
The Morph rolls into Glute muscle.

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



14. Lat Release: 30 sec. - 1 min. each side

Roll into Lat muscle with a short back and forth motion. Pause in tight areas.



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.

12. Quad Roll: 30 seconds each side

Cross leg to isolate single Quad. Roll from knee to hip flexor. The Morph rolls along Quad.

11. Calf Roll: 30 seconds each side

Cross legs to isolate one 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.