



fusion-fitness-training™

## **Fascial Line Flexibility Flow**

**By Helen Vanderburg**

2015/2013/2006/1996 CanFitPro Presenter of the Year

2006 IDEA Presenter of the Year

### **Introduction**

This full body mobility class will take you through static, active and dynamic stretching sequences that target the fascial lines of the body. Gain understanding and practice fascial line movement patterns to enhance performance, decrease tension and increase flexibility. This mobility base session is suited for group fitness, yoga and pilates and personal training.

### **Anatomy Trains – The Fascial Lines – (Thomas Myers)**

Muscles operate in an integrated framework within the fascial webbing that form traceable “meridians or lines” of fascia that distribute strain, tension, fixation and compensations

Understanding the patterns of myofascial meridians helps to restore function of the fascia and build a platform for performance

The fascial lines give musculoskeletal anatomy a 3D feel and describes how movement and force are distributed within the body as a unit

### **Fascial Line Flexibility**

Encourage multidirectional movement in all planes of motions

Superficial Front line:

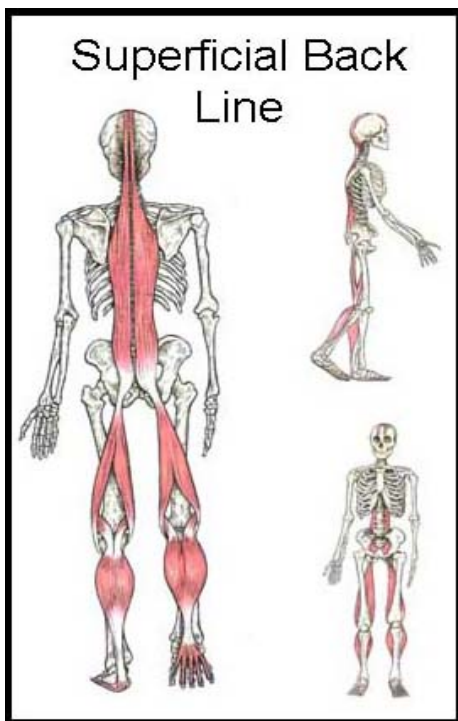
Superficial Back line:

Lateral line:

Spiral line:

Deep Frontal line:

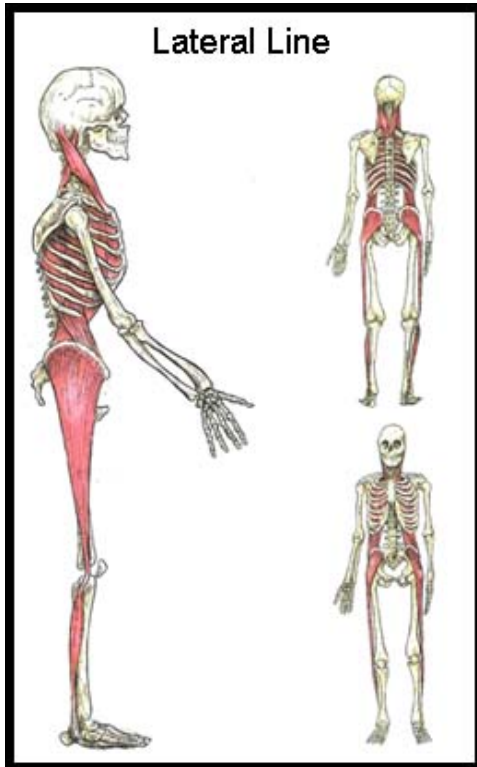
Arm lines:



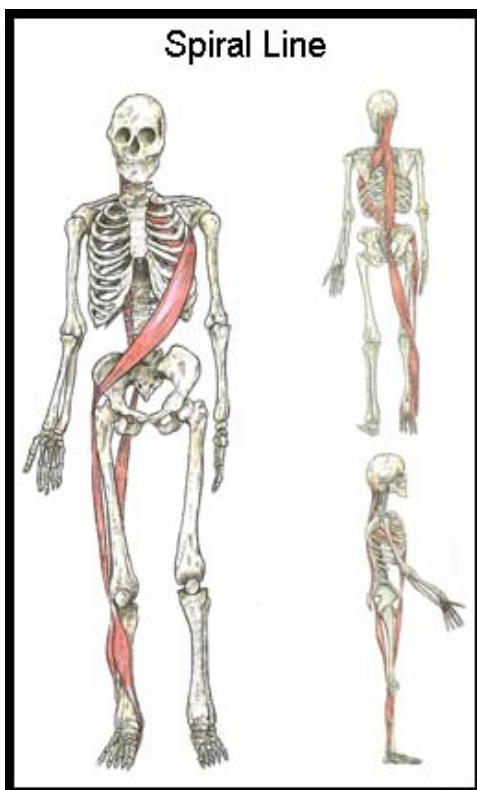
Standing Forward bend  
 Wide legged Forward bend  
 Downward dog  
 Seated Forward bend: static, facilitated,  
 dynamic



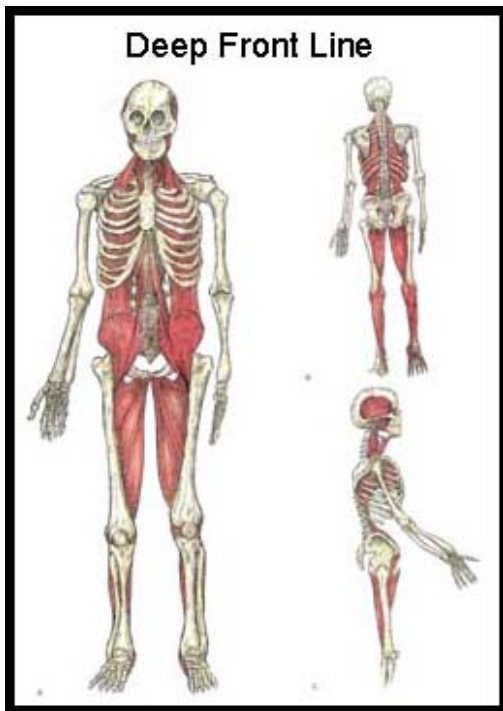
Crescent Lunge  
 Standing dancers pose  
 Up dog  
 Cobra  
 Shoulder Bridge  
 Back Bend



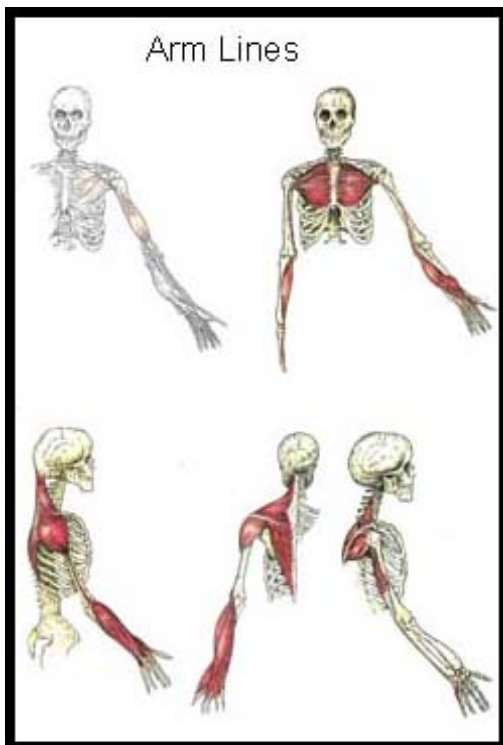
Standing lateral stretch  
 Standing cross over stretch  
 Lunge with lateral flexion  
 Side lying side bend  
 Seated side bend with lateral reach



Kneeling twist  
 Down Dog with a twist  
 Lunge with a twist  
 Supine lateral twist  
 Seated twist  
 Supine spiral line stretch



Deep Breathing  
 Low lunge  
 Camel pose  
 Kneeling quad stretch  
 Mermaid Stretch  
 Seated and supine butterfly



Child pose  
 Kneeling twist  
 Kneeling thread the needle  
 Seated cow and reverse cow  
 Prone chest opener  
 Side lying chest opener: dynamic in multiple planes, static

## Fascial Line Flexibility Flow

Childs pose with oppositional reaches  
Cat/cow with rotation and thread the needle  
Down dog with lateral reach  
Cobra/ child pose  
Down dog/up dog  
Standing dynamic forward bend

Sun salutation:  
Standing flex/ ext  
Low lunge with spine ext/ Lunge with rotation

Crescent lunge with shoulder extension/ hip hinge  
Warrior 2, Reverse angle/Extended side angle  
½ moon pose/ bend end extend

Low Lunge with hip rock/ with rotation/quad stretch  
Down dog  
Wild thing

Cross over dynamic lateral stretch  
Knee hug to leg swing  
Dancer pose

Up dog  
Locust  
Prone chest opener  
Childs pose  
Camel

Seated forward bend  
Twist/ Counter twist  
Side bend with lateral reach

Supine twist  
Shoulder bridge  
Supine spiral line twist  
Side lying arm circle

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