



fusion-fitness-training™

Fascial Line Flexibility Flow

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

2006 IDEA Presenter of the Year

Introduction

This full body mobility session 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.

Definition

“The fascial system surrounds, interweaves between, and interpenetrates all organs, muscles, bones, and nerve fibers, endowing the body with a functional structure, and providing an environment that enables all body systems to operate in an integrated manner”

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:

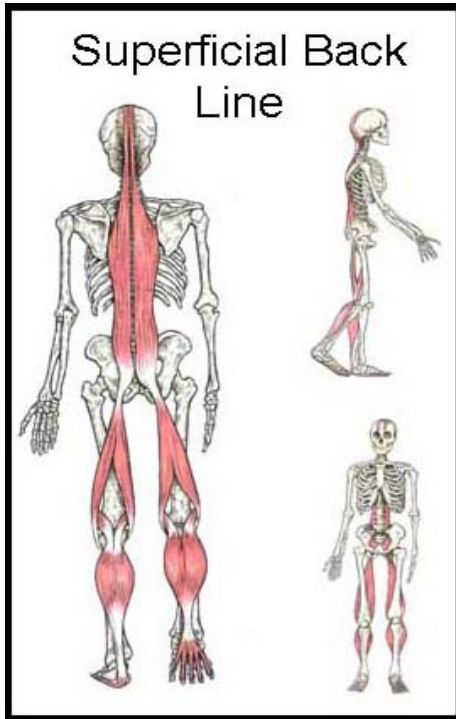
Superficial Back line:

Lateral line:

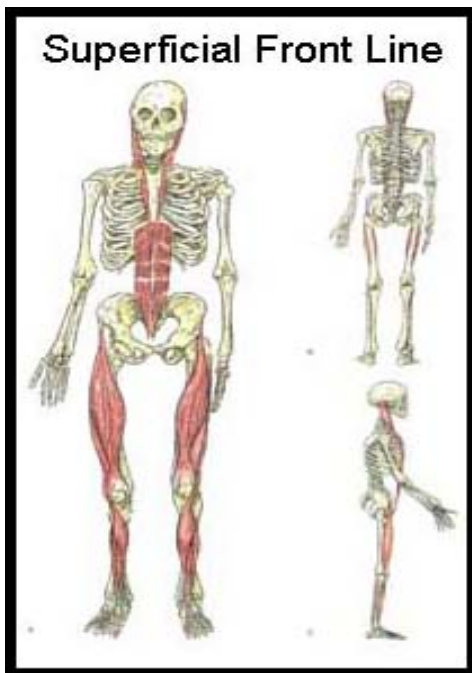
Spiral line:

Deep Frontal line:

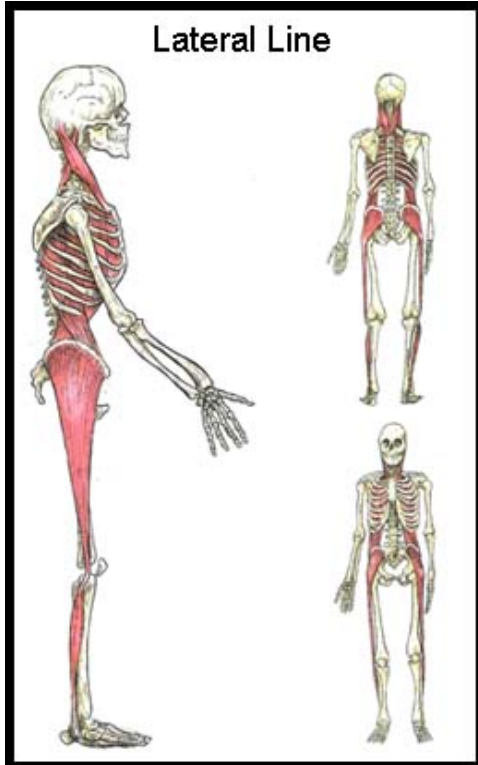
Arm lines:



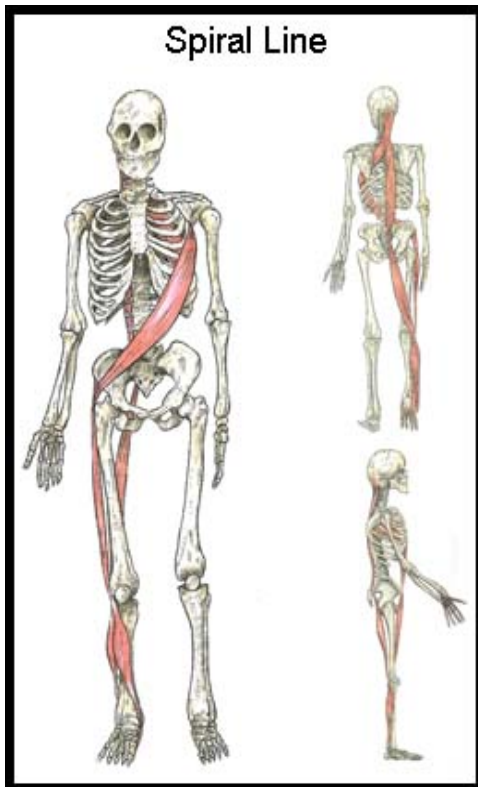
Standing Forward bend
 Wide legged Forward bend
 Downward dog
 Seated Forward bend: static, facilitated,
 dynamic



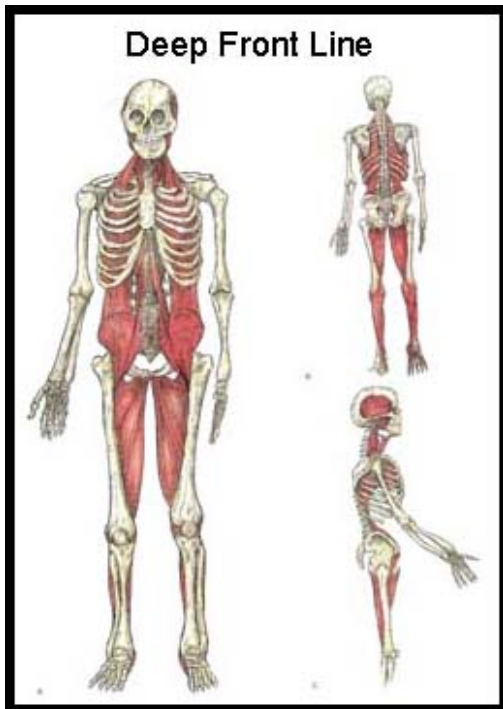
Crescent Lunge
 Standing dancers pose
 Up dog
 Cobra
 Shoulder Bridge
 Back Bend



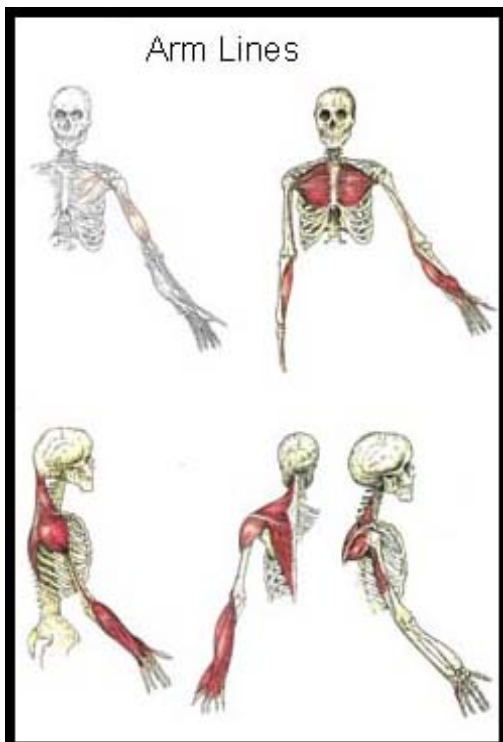
Standing lateral stretch
 Standing cross over stretch
 Lunge with lateral flexion
 Side lying side bend
 Seated side bend with lateral reach



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 Mobility Flow Practical

Standing
Squat floor touch with back extension
Squat floor touch with back extension with transverse rotation
Standing cross behind lateral line stretch to lateral lunge with side bend to cross over curtsy with oppositional rotation
Cross front with internal hip rotation with single arm overhead, step back to transverse lunge with alternate overhead reach

Kneeling
Child's pose with hip rocks with spine stretch, lateral arm reaches
Cat and cow add lateral bends and hip shifts
Kneeling single arm rotation to thread the needle
Kneeling hip extension with single arm circle
Dynamic downward facing dog (crouch and extend)
Downward facing dog with a twist to T stand to hip and spine extension
Downward facing dog to low lunge to dynamic hip rock
Low lunge with dynamic twist

Seated
Roll up with anterior arm reach
½ straddle with lateral stretch to opposite side lateral extension
Single leg lateral hip stretch with dynamic forward bend with ½ roll up in ½ clock
Forward bend to single leg reverse plank

Supine
Ankle plantar and dorsi flexion
Alternate bent knee add abduction and adduction
Knee hug to front roll
Side lying upper body and arm circle
Side lying cat catching its tail
Supine bent knee spine rotation
Full body knee tuck and extend
The X factor

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**NEW BOOK Just Released! [Fusion Workouts](#)
by Helen Vanderburg and Human Kinetics**