

# The Primary SMR Techniques



Quads Roll



Adductors Roll



Lats Roll

- 1. Quads Roll**
- 2. Adductors Roll**
- 3. Lats Roll**

1. Use this SMR movement to open up the most influential muscle in your thighs: the rectus femoris. Since many athletes are 'quad dominant,' their performance is greatly hindered as the rectus femoris and the other three quads lock up. In addition to stretching daily, this form of self massage can unlock the muscles that keep you from squatting deeper, flexing your knee, and generally moving your legs faster. Get them supple again and watch out!
2. This is an SMR exercise that complements the first one. At the knee the primary focus is the vastus medialis, the internal quad. As you work the roller towards the groin, the focus shifts from the medial quad to the adductors...all of them. You have a large amount of muscle mass that pulls your knees together. This is good. However, since most of us do not stretch nearly enough to keep these muscles properly extensible, the knees tend to buckle inward as we land on a jump or lower our hips in a squat. Stretch and practice SMR on these muscles as often as possible, and your hips & lower back will thank you!
3. Lastly, the primary focus of the Lats Rock & Roll is the path of the latissimus dorsi, a muscle that attaches to your upper arm, some of your ribs, most of your spine, and the top of the back side of your hip bone. There are A LOT of other muscles that you will address as you work your side from your armpit to your hip. Feel free to come back to the areas with lots of tension, as they need more help loosening up. Make sure you work the roller from your armpit to your hip bone for the entire side of your body before working the other side. Your hips & shoulders will move MUCH better if you do!

Watch videos and learn more about SMR at <http://smr.networkfitness.com/>

## Strategies for SMR Implementation

There are slightly different strategies for utilizing the SMR techniques in a group setting or for an individual, and also differences in how you use the SMR techniques before or after a workout. You will notice on our website or in our written instructions that the SMR techniques are categorized as “Primary,” “Secondary,” or “Extended.”

Below is a description of how to utilize each category of the SMR exercises:

- **The 3 Primary SMR techniques** are to address the largest muscle mass regions of the body that have the greatest impact on functional movement. Practice these 3 techniques at least once every week (more often is recommended). A group should do at least one of the 3 techniques during their warmup about 10-20 minutes prior to a workout. These are also the techniques that a group or individual should typically do within 10-20 minutes following a workout.
- **The 20 Secondary techniques** build on the release you get from the 3 primary SMR techniques. Practice all of these techniques at least once every two weeks. Because these movements are more specific to certain areas of the body, most of them are meant for an individual to do 10-20 minutes after a workout, when the muscles (and joints) start to feel tight and restricted. Only if someone is extremely tight and proper functional movement is compromised would they do any of these techniques just prior to a workout.
- **The 47 Extended SMR techniques** are more specific regions of the body or scaled versions of the Primary & Secondary techniques that an individual would use to improve their specific functional movement needs. For example, if you have tight rotator cuff muscles then you should use several of the Extended shoulder and neck techniques daily along with two or three of the pertinent Primary & Secondary techniques to achieve a quicker release of tension in the muscles that are limiting proper shoulder function. Most of the Extended SMR techniques should rarely be done in the gym, but rather, once the individual gets home and has more time to focus on their specific issue and their body's response to the techniques. Some of these techniques are good “scaled-down” versions of the Primaries or Secondaries that are less intense and may allow the individual to more often address their “trouble area” to achieve faster overall results.

Download each technique (and videos) at <http://smr.networkfitness.com/>

Good luck, and train hard. 3-2-1-GO!!!