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ACADEMY**

Joe DeFranco's
"Limber 11"
A Flexibility Routine



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Limber 11

Foam Roll IT Band 10-15 passes
Foam Roll Adductors 10-15 passes
SMR Glutes (lax ball) 30sec – 2min
Bent-knee Iron Cross x 5-10 each side
Roll-overs into V-sits x 10
Rocking Frog Stretch x 10
Fire Hydrant Circles x 10 forward, 10 backward
Mountain Climbers x 10 each leg
Cossack Squats x 5-10 each side
Seated Piriformis Stretch x 20-30sec each side
Rear-foot-elevated Hip Flexor Stretch x 5-10 reps, 3sec hold, each side

View the full video: <https://www.youtube.com/watch?v=FSSDLDbacc>



1. Foam Roll IT Bands 10-15 passes

Slow and controlled with big long passes. Pause on tender areas and flex/extend knee. Range is bottom of hip all the way to the outside of knee.

The "IT Band" is the iliotibial band. It runs from the outer pelvis over the hip and down below the knee. The purpose of the IT band is to help stabilize the knee. Foam rolling the IT band puts pressure on the muscle. Pausing on painful areas or "knots" can break them up. This movement helps relieve the tightness in the IT band.



2. Foam Roll Adductors/Inner Thigh 10-15 passes

Place foam roller at a 45 degree angle. Start high in the groin with slow long passes to halfway down the adductor. Then do the same from halfway down the adductor to the inside of the knee. Similar to the IT band, flex/extend at knee when you find a tender spot.

The adductors are muscles that originate on the bones of the hip and attach to the femur. They are any of the muscles that move a part of the body toward the middle of the body. The adductor muscles are the adductor longus, adductor brevis, and adductor magnus. This technique helps relieve tightness in the groin area.



3. SMR Glutes/Lacrosse Ball Glutes 30sec - 2min

Put ball on ground, wedge between glute, cross leg over thigh, begin rolling. This should be decently uncomfortable. The more uncomfortable it is, the more you need it. Roll for about 30 seconds. If you find a tender spot, pause and breath through the tightness. You can straighten leg and roll to hit the hip area.

The gluteus maximus are a foundational muscle for a lot of other lower-body actions. It's the main extensor muscle of the hip and largest of the three gluteal muscles. The gluteus maximus extends and laterally rotates the hip joint. This technique helps relieve tightness in the lower back.



4. Bent-knee Iron Cross 5-10 each side

Lay down flat on your back. Bend your knees as if you were going to crunch with feet off of the ground (calves parallel to the ground at the start). Drop knees side to side. Keep knees together. Keep palms down. Do not let your hands come off the ground as you drop your knees. When you drop your knees, you're going to move your head in the opposite direction. Hold for a second or two, then switch sides. You can increase speed when warmed up, but always start slow and get a feel for the movement.

Higher up the kinetic chain is the lumbar and thoracic spine. The function of the thoracic spine is to hold the rib cage and protect the heart and lungs. While the function of the lumbar spine is to bear the weight of the body. This technique helps relieve tightness and pain in the lower back.



5. Rollover Into V-sits 10 reps

Roll back to try to touch the ground behind your head with your toes, then roll back to a V sit, leaning forward to reach in front of your feet. You can assist on the way back over by grabbing your calves. Try to increase the size of the V as you go.

The posterior chain is a group of muscles that include the hamstrings, gluteus, erector spinae muscle group, trapezius, and posterior deltoids. It helps in preventing injury, improving posture, and generating strength and explosion for athletes. This technique targets the low back, glutes, hamstrings and groin helping to improve movement patterns.



6. Rocking Frog Stretch 10 reps

Positioning is important. Get on hands and knees. Toes point out. Should feel ground pulling skin of knee. Get down on forearms, then push your butt straight back, hold for about 2 seconds, then release. This should be slow and deliberate.

The groin is the area between the abdomen and the thigh on either side of the pubic bone. There are 5 muscles in the groin. They are the hip, including the pectineus, adductor brevis, adductor longus, adductor magnus, and the gracilis muscle. This technique helps reduce the chance of groin injury while increasing mobility in that area.



7. Fire Hydrant Circles 10 forward, 10 backward

Most people do this wrong. Keep both elbows straight. A lot of people bend their elbows as soon as they start moving their hips. The motion should come from the hips. Stable at the core. Knee bent, heel stuck near your butt. Think like you're drawing a circle around a circle.

The four main muscle groups of the hip are gluteal, adductor, iliopsoas, and lateral rotators. Their purpose is to support the body in both static and dynamic postures. This technique is designed to help improve strength in that area and increase range of motion.



8. Mountain climbers 10 each leg

Focus on range of motion before speed. You can do these inside or outside your arms. He does them outside the elbow to get a dynamic stretch on the groin. Start in a narrow handed push up position with a flat back. Bring one knee up to the outside of the elbow. Then sink down a bit. Then exchange knees and continue sinking the knee before changing sides.

A strong core and cardiovascular system helps to improve all areas of athleticism. Mountain climbers target every muscle in the body including the deltoids, biceps, triceps, chest, obliques, abdominals, quads, hamstrings and hip abductors. This movement is designed to help increase athletic performance and get you warmed up.



9. Cossack squats 5-10 each side

This takes a tremendous amount of stability. Start with legs wide and toes pointed out at 45 degrees. Sit back and slide to one side. Push out on the knee your sliding to and keep the heel down. The straight leg toes should point to the ceiling. Switch sides, keeping the heel down and the knee out. Keep chest up best you can. If it is too hard to keep the heel down, you can use a bench or box to decrease the stability requirement. Hold on to the box/bench to support yourself while you do the squats.

The cossack squat is a progression of a bodyweight squat. It's a movement that shifts the weight onto one leg and focuses on stretching the long adductors inside the thigh. It's designed to be a great drill for flexibility and mobility and dynamic warm-up.



10. Seated Piriformis Stretch 20-30sec each side

You will need a bench or chair. Then cross one leg over the other thigh. Use your hand to push down on the opposite knee and lean forward. You can grab the shin of the leg that's on the ground. It's ok to round the back a bit. Keep inner thigh pushed down to maintain the angle that hits the piriformis. You can also use your elbow to do some soft tissue work on your adductor. The massage isn't that comfortable, but it loosens up the adductor. Finish the stretch by taking the knee and pulling it into your chest. This is where you maintain a neutral spine.

The piriformis is a small muscle located deep behind the gluteus maximus. It runs from the lower spine to the upper surface of the femur. It helps the hip rotate, turning the leg and foot outward. This technique helps to reduce tightness in that area and help prevent injury.



11. Rear-foot-elevated Hip Flexor Stretch

5-10 reps, 3 second hold, each side

You will need a bench or chair. Cross one leg over the other. Use your hand to push down on the opposite knee and lean forward. You can grab the shin of the leg that's on the ground. It's ok to round the back. Keep inner thigh pushed down to maintain the angle that hits the piriformis. Use your elbow to do some soft tissue work on your adductor. Finish the stretch by taking the knee and pulling it into your chest.

The hip flexors, glutes, and thighs are the main muscles of the lower body. The hip flexors often get overlooked but are an essential area to stretch and strengthen especially if you're someone that is seated for long periods of time. This technique is designed to help to reverse the effects of being seated all the time while improving mobility into hip extension.

