MISSION: UNBREAKABLE

Discover Proven Techniques
To Reduce Soreness, Improve Recovery,
And Alleviate/Eliminate Nagging Aches & Pains.

GET READY TO CHANGE YOUR BODY...AND YOUR LIFE.

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Note: The original Mission: Unbreakable program was developed by Dr. Kareem Samhouri and B.J. Gaddour, and was then given to me with the rights to share. This manual was developed in partnership with B.J Gaddour and another personal trainer friend of mine, Nate Trenteseaux, for our Members as "quick reference guide" to the program.

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30:10 Tissue Quality Circuit Using Self-Massage Exercises with Foam Roller and Softball

Almost all chronic joint pain or overuse injuries are caused by tightness and restrictions in the muscles above and below the joint in question.

In other words, it's not about PAIN SITE… it's about **PAIN SOURCE**!

Knee pain is often caused by restrictions in the tissue of your calves and front/inner/outer thighs.

Back pain is often caused by restrictions in your glutes and hamstrings.

Shoulder pain is often caused by restrictions in your thoracic spine (T-Spine), chest and lats.

Tissue quality describes the general health of your muscles and the interconnected web of fascia that surrounds them all.

Over time, we develop scar tissue, adhesions, knots and trigger points due to high-intensity training, overuse, and/or extended periods of sitting.

The best way to address this is to self-massage sore, tight, and restricted muscle groups of the body to regenerate tissue both pre and post-workout to promote injury reduction and allow for a smoother, more productive workout.

In addition, self-massage before stretching allows for a better, more complete stretch by smoothing out the knots. You should always precede flexibility work with tissue quality for best results (more on flexibility in the next section).

In our experience, we have found the following 5 self-massage exercises to be of the highest priority for the general population:

1.) Quad/Rectus Femoris: Tightness in the middle of the front thigh is a primary cause of anterior knee pain, often referred to as jumper's knee, or general patella-femoral issues like chondromalacia.

2.) Mid Glute/Piriformis: Restriction in the outer hip often causes tightness in the lower back and in extreme situations leads to sciatica, that burning sensation one feels from their

back all the way down to their leg. Since we sit on our butt all days at work, it's critical to release the glutes before an intensive workout.

3.) ITB/Vastus Lateralis: Restriction and over-development of the outer thigh causes an unwanted lateral tracking of the patella that leads to lateral knee pain, often referred to as runner's knee, and wearing of the knee cartilage. By and far, people will experience the most pain with this area of the body than any other upon introduction to foam rolling. From a personal standpoint as someone with a history of knee pain, I **NEVER** skip massaging this area before a workout.

4.) Pec Minor: The pec minor (small chest muscle just inside the shoulder) is like the hip flexor of the upper body and when it gets tight/overactive it leads to excessive internal rotation of the humerus which leads to shoulder impingement syndrome or shoulder biceps tendinosis.

5.) T-Spine: When the upper/mid back is restricted, it leads to poor posture and a host of issues including shoulder, back and neck pain. Plus, being in a hunched position at a desk all day makes this exercise an absolute must to best counteract kyphosis (excessive rounding) of the upper back.

I'm a big fan of a relative pain scale when it comes to self-massage, for example:

- Using a relative pain/restriction scale of 1-10, "1" being no pain/restriction and "10" being the worst pain/restriction in the world, check the appropriate box for each self-massage exercise listed on the next page whenever you feel pain/restriction that is greater than a 5 out of 10

- Your fitness homework is to religiously perform all self-massage exercises that are a 5 or greater on the pain/restriction scale both pre-workout and several times post-workout every day

- For best results and injury prevention, perform this entire 30-10 tissue quality circuit at least once per week using a foam roller, tennis ball, softball, and/or massage stick where best applicable

Tissue quality work like this is one of those counter-intuitive things whereby you are actually actively searching for pain. In fact, it's the only time to ever do so when it comes to proper training.

The best analogy I can give you is this:

If it hurts that much when you put pressure on your muscles, just imagine how bad your joints must feel!

On the next page is an outline of our MISSION:UNBREAKABLE 30:10 tissue quality circuit:

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Self-Diagnostic Checklist - Tissue Quality

- Using a relative pain/restriction scale of 1-10, “1” being no pain/restriction and “10” being the worst pain/restriction in the world, please check the appropriate box for each self-massage exercise below whenever you feel pain/restriction that is greater than a 5 out of 10

- Your fitness homework is to religiously perform all self-massage exercises that were a 5 or greater on the pain/restriction scale both pre-workout and several times post-workout every day

- For best results and injury prevention, perform this entire 30:10 tissue quality circuit at least once per week using a foam roller, tennis ball, softball, and/or massage stick where best applicable

	30:10 Tissue Quality Circuit	
	Perform each exercise for 30 seconds followed by a 10-second transition	
1	Softball Chest/Shoulder (L)	
2	Softball Chest/Shoulder (R)	
3	Softball Inside Knee (L)	
4	Softball Inside Knee (R)	
5	Softball or Foam Roll Inner Thigh (L)	
6	Softball or Foam Roll Inner Thigh (R)	
7	Softball or Foam Roll Glute (L)	
8	Softball or Foam Roll Glute (R)	
9	Foam Roll Front Thigh (L)	
10	Foam Roll Front Thigh (R)	
11	Foam Roll Side Thigh (L)	
12	Foam Roll Side Thigh (R)	
13	Foam Roll Hamstrings/Calves	
14	Foam Roll Lats/Rear Shoulder/Triceps (L)	
15	Foam Roll Lats/Rear Shoulder/Triceps (R)	
16	Foam Roll Upper/Mid/Lower Back/T-Spine	

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30:10 Flexibility Circuit with Stretching Exercises

Flexibility is one of the most misunderstood aspects of fitness.

What is flexibility?

Flexibility describes the ability of soft tissue (muscles, tendons, etc.) to allow for movement in pain-free, full ranges of motion. Flexibility, or stretching, is key to removing movement restrictions that impair performance and lead to injury.

There are several types of ways to stretch, including:

1.) Passive Stretching: involves an external force that provides the stretch (via a partner or gravity using your own body weight)

2.) Active Stretching: requires you to generate the force to provide the stretch, often through the concept of reciprocal inhibition where you activate one muscle to relax/turn off another muscle thus allowing for a deeper stretch

3.) Static Stretching: involves holding a stretch at the end range of motion for time and is by far the most common form of stretching

4.) Dynamic Stretching: uses movement to go back and forth between the end range of motion with only a brief pause at the end range of motion

There is also a bit of a gray zone between flexibility and mobility. The best way I can describe the difference between the two is that flexibility is a lower intensity version of mobility that does **NOT** require mobility (or you can say that mobility is a higher intensity version of flexibility that involves stability).

For example, a split kneeling hip flexor stretch focuses on getting enough motion at the hip to allow for a full, pain-free range of motion split squat/sagittal lunge variation. Where the split squat/sagittal lunge variation requires strength, stability, and neuromuscular control, the hip flexor stretch does not.

Some recent studies have been quite misleading in suggesting that stretching before exercise can negatively impact performance. Of course, there was that immediate knee-jerk reaction in the fitness industry where many trainers and coaches jumped on the bandwagon and stopped stretching altogether.

While it has been shown that performing static stretching immediately before explosive movements results in a reduction in power output, the drop in performance was so insignificant that it's not even worth noting when you consider the following:

- If you follow static stretching with proper mobility/activation drills, it's been shown that the reduction in performance no longer exists. This is why all stretching should be following by mobility/activation work (more on mobility/activation in the next section)
- Corrective stretching is absolutely essential to long-term injury prevention
- The general population could care less about one-time maximum power output compared to feeling and looking better

As I mentioned previously in the section about tissue quality, it's not about PAIN SITE... it's about **PAIN SOURCE**!

Knee pain is often caused by restrictions in your quads and calves.

Back pain is often caused by tightness in your hip flexors, glutes and hamstrings.

Shoulder pain is often caused by tightness in your neck, chest and lats.

In addition, self-massage before stretching allows for a better, more complete stretch by smoothing out the knots and allowing for a complete lengthening of the tissue.

The best analogy for this is if you knot up two resistance bands of different tension levels and then you pull on both ends, what you'll notice is that the only band that moves is the one with less tension. That's exactly how your muscles work when knots exist in them.

In other words, if a muscle is restricted and you stretch it, the only part of the muscle that will stretch is the part that's already loose. Thus, you should always precede flexibility work with tissue quality for best results.

In my personal experience, I have found the following 5 flexibility exercises to be of the highest priority for the general population:

1.) Quad/Rectus Femoris: Tightness in the middle of the front thigh is a primary cause of anterior knee pain, often referred to as jumper's knee, or general patella-femoral issues like chondromalacia. By extending your back arm overhead you can also release the psoas and if you add a slight rotation of the upper back you can get at your thoracic spine too. Also, focus on squeezing the glute of your back leg to get more of a hip flexor stretch as well.

2.) Calves: Restriction in the calves also leads to anterior knee pain and usually leads to people squatting on their toes. This is most often seen in women who wear heels during the day as they are on their toes all day in excessive plantar flexion. Since I've given up on convincing women to forgo fashion for less knee pain, we stretch the calves each session to do our best to counteract this trend. A straight leg will stretch more of your upper calves (gastrocs) and the bent knee will stretch more of your lower calves (Achilles tendon and soleus). Also, focus on squeezing your shins when stretching your calves to get a better stretch.

3.) Glutes/Hip Rotators: If you sit on your butt all day at work, not only do your butt muscles shut down, but they tighten up and this can lead to lower back issues like spasms, sciatica, etc. One of the quickest ways to

know if your glutes are tight is to look at your feet. If they are pointed out more than 15-degrees in your natural standing position, then you need to stretch your butt more.

4.) Hamstrings: Restricted hamstrings mean that anytime you bend over to touch the floor or pick something up, your lower back will compensate by flexing to allow for a false range of motion. This high-frequency flexion of the lumbar spine literally puts you on the fast track to bulging or, heaven forbid, ruptured discs. More and more experts are suggesting that the most important part of the hamstring to stretch is the lateral/outer aspect and this can be accomplished by pushing your hips outward and rolling your toes inward during a hamstring stretch. Lastly, focus on squeezing your quad while stretching your hamstring to relax it and allow for a deeper stretch.

5.) Chest: When the chest is restricted, it leads to poor posture and a host of issues including shoulder and back pain. Plus, being in a hunched position at a desk all day makes this exercise an absolute must to best counteract kyphosis (excessive rounding) of the upper back. Focus on pulling your shoulders down and back when stretching the chest to get a deeper stretch.

I'm a big fan of a relative muscle tightness scale when it comes to flexibility, for example:

- Using a relative muscle tightness scale of 1-10, "1" being no tightness and "10" being extremely tight, check the appropriate box for each flexibility exercise listed on the next page whenever you feel tightness that is greater than a 5 out of 10

- Your fitness homework is to religiously perform all flexibility exercises that are a 5 or greater on the muscle tightness scale both pre-workout and several times post-workout every day. Prior to performing the flexibility exercises, be sure to self-massage all tight/related muscle groups to eliminate any tissue restrictions and provide a better, more complete stretch

- For best results and injury prevention, perform this entire 30-10 flexibility circuit at least once per week

Why 30-seconds for stretching?

Well, studies show that 90 percent of the benefit from stretching comes in the first 30 seconds.

So, while longer 1-5 minute stretches are great for really tight muscle groups if time allows, we get the biggest bang for our buck in the first 30 seconds.

On the next page is an outline of our MISSION:UNBREAKABLE 30:10 flexibility circuit:

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Self-Diagnostic Checklist - Flexibility

- Using a relative muscle tightness scale of 1-10, “1” being no tightness and “10” being extremely tight, please check the appropriate box for each flexibility exercise below whenever you feel tightness that is greater than a 5 out of 10

- Your fitness homework is to religiously perform all flexibility exercises that were a 5 or greater on the muscle tightness scale both pre-workout and several times post-workout every day. Be sure to self-massage all tight/related muscle groups first in order to eliminate any tissue restrictions and provide a better, more complete stretch

- For best results and injury prevention, perform this entire 30:10 flexibility circuit at least once per week

	30:10 Flexibility Circuit	
	Perform each exercise for 30 seconds followed by a 10-second transition	
1	Static Neck/Upper Trap Stretch (L)	
2	Static Neck/Upper Trap Stretch (R)	
3	Band Static Overhead Chest Stretch	
4	Child’s Pose w/Shoulder Rotation	
5	Dynamic Hip Flexor Stretch (L) - perform w/pulsing movement	
6	Dynamic Hip Flexor Stretch (R) - perform w/pulsing movement	
7	Static Quad/Rectus Femoris Stretch (L)	
8	Static Quad/Rectus Femoris Stretch (R)	
9	Static Glute/Hip Stretch – Z-Sit (L)	
10	Static Glute/Hip Stretch – Z-Sit (R)	
11	Dynamic Adductors Stretch w/ Hip Internal-External Rotation (L)	
12	Dynamic Adductors Stretch w/ Hip Internal-External Rotation (R)	
13	Static Seated Hamstring Stretch (L)	
14	Static Seated Hamstring Stretch (R)	
15	Open Book Stretch (L) - perform with opening & closing	
16	Open Book Stretch (R) - perform with opening & closing	

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30:10 Mobility and Activation Circuit for a Better Workout

Mobility describes the ability of a joint, or a series of joints, to move through an ideal range of motion. Though mobility relies on flexibility, it requires an additional strength, stability, and neuromuscular control component to allow for proper movement. Activation is often paired with mobility because many mobility exercises activate key, and often dormant, pillar stabilizers in your hips, core and shoulders.

As mentioned previously, there is also a bit of a gray zone between flexibility and mobility. The best way I can describe the difference between the two is that flexibility is a lower intensity version of mobility that does **NOT** require mobility (or you can say that mobility is a higher intensity version of flexibility that involves stability).

For example, a split kneeling hip flexor stretch focuses on getting enough motion at the hip to allow for a full, pain-free range of motion split squat/sagittal lunge variation. Where the split squat/sagittal lunge variation requires strength, stability, and neuromuscular control, the hip flexor stretch does not.

Continuing this analogy further, I'd urge you to consider mobility/activation to be a lower intensity version of an intensive workout (or you can say that a workout is a higher-intensity version of mobility/activation). In other words, for new, overweight, or deconditioned trainees, mobility/activation circuits are a good introduction to metabolic resistance circuit training.

For example, let's look at the basic knee-dominant movement pattern of a lunge to establish a clear continuum here:

Step #1- Tissue Quality: Self-massage the quad/hip-flexor area to eliminate any restrictions that may impede movement and cause knee pain

Step #2- Flexibility: Stretch the quad/hip-flexor area to lengthen the tissue to optimal levels to allow for pain-free, full range of motion

Step #3- Mobility/Activation: Perform entry-level split squat/sagittal lunge variations to develop the appropriate knee stability and hip mobility and stability for optimal performance

Step# 4- Strength: Progress to more advanced split squat/sagittal lunge variations via stability, range of motion, loading, integration, and/or tempo progressions

Some recent studies have been quite misleading in suggesting that stretching before exercise can negatively impact performance. As previously mentioned, there was that immediate knee-jerk reaction in the fitness industry where many trainers and coaches jumped on the band wagon and stopped stretching altogether.

While it has been shown that performing static stretching immediately before explosive movements results in a reduction in power output, the drop in performance was so insignificant that it's not even worth noting when you consider that if you follow static stretching with proper mobility/activation drills it's been shown that the reduction in performance no longer exists.

The reason mobility/activation work should follow flexibility training is because it helps develop the neural connections to reinforce new ranges of motion. Plus, it helps grease the groove on all of the foundational body-weight movement patterns like a squat, push-up, lunge, etc. to provide for a safer, more effective high-intensity workout.

As I mentioned previously regarding tissue quality and flexibility, it's not about PAIN SITE...it's about **PAIN SOURCE**!

World-renowned strength coach Mike Boyle is well known for advancing the concept of a joint-by-joint approach to training.

The reader's digest version of this concept is that the body is simply a stack of joints and the joints in the body alternate between a need for **stability** and **mobility**. The outline below summarizes what our body needs more of, from the bottom up:

Foot Stability (multi-planar) → Ankle Mobility (sagittal plane) → Knee Stability → Hip Mobility (multi-planar) → Lumbar Stability → Thoracic Spine Mobility → Scapular Stability → Gleno-humeral (Shoulder) Mobility

Another one of Coach Boyle's golden nuggets is that problems in one joint typically lead to pain or dysfunction in the joint above or below.

Knee pain is often caused by lack of ankle mobility and lack of hip stability (thus requiring hip/glute activation).

Lower back pain is often caused by a lack of hip and thoracic spine mobility and a lack of lumbar and core stability (thus requiring hip and core activation).

Neck and shoulder pain is often caused by a lack of thoracic spine mobility and a lack of scapulothoracic stability (thus requiring scapulothoracic activation).

In my personal experience, I have found the following 5 mobility/activation exercises to be of the highest priority for the general population. These are also the big 5 foundational body-weight movement patterns in most group exercise settings with limited equipment access:

1.) Squat Variation: Proper squatting requires ankle, hip, and t-spine mobility. It also requires strong hip abductors to prevent the knees from caving in. My favorite exercise cues for my members are "chest and eyes up, butt back, and push from your heels." I like the squat to stand and goblet squat here because it allows you to really sit back into a deep squat position with counterbalance. The assisted TRX squat is also great as it allows you to unload your body weight to make squatting easier at first.

2.) Sagittal Lunge Variation: Lunge progressions begin in a static and stationary environment and progress to a dynamic and moving environment. Proper sagittal plane lunging requires both knee and hip stability and hip mobility. My favorite exercise cues for my members are "elbows back, eyes and chest up, and keep your weight on your front heel." One thing I learned from my buddy Mike Robertson at a recent seminar is that you

should teach the split squat by having your clients place their toes against a wall/post which will prevent knee-driving and force them to drop at the hips—it works like magic!

3.) Frontal/Transverse Lunge Variation: It's critical to be able to lunge in all 3 planes of motion, including the frontal plane (side to side) and transverse plane (rotational). The limiting factor in frontal/transverse lunging (think lateral and rotational squats and lunges) is often poor adductor flexibility. If you can't lunge properly, then you can't decelerate or change direction properly and that means that you will not be able to properly stop or run without risk of injury. In other words, sound lunging is key for properly training speed and agility. My favorite exercise cues for my members are "stay tall up top, push your hips back, and keep your weight on the heel of your lead leg."

4.) Stiff-Legged Deadlift (SLDL)/Hip-Hinge Variation: This is by far the hardest movement to teach because most people have such poor hamstring flexibility that they are unable to extend their hip without compensating by squatting and/or flexing at the lumbar spine. I see too many trainers teach dumbbell or kettlebell swings before they ever teach their clients how to hip-hinge. This is crazy because the hip-hinge is an unloaded, slower body weight version of the swing—let's not skip steps people! My favorite exercise cues for my members are "chest and eyes up, load your heels), push your hips back, and extend your limbs as far away from each other as you can."

5.) Push-up Variation: The push-up is the ultimate total-body stability exercise, and I feel some variation of it needs to be trained at every single workout. Start by mastering the push-up hold before moving to dynamic push-ups, and do not allow your elbows to flare out. Proper push-ups require maintaining a straight line from your head through your heels—this is best accomplished by squeezing the glutes. My favorite exercise cues for my members are "squeeze your butt and keep your elbows tight to your rib cage."

I'm a big fan of a relative stability/range of motion/difficulty scale when it comes to mobility/activation. For example, using a relative stability/range of motion/difficulty scale of 1-10, "1" being full range of motion/most stable/very easy to perform and "10" being partial range of motion/most unstable/very difficult to perform, please check the appropriate box for each mobility/activation exercise listed on the next page whenever you feel a challenge that is greater than a 5 out of 10

Your fitness homework is to religiously perform all mobility/activation exercises that are a 5 or greater on the stability/range of motion/difficulty scale both pre-workout and several times post-workout every day. Be sure to first self-massage **AND** stretch all tight/related muscle groups in order to eliminate any tissue restrictions for optimal performance of these foundational body-weight strength exercises

For best results and injury prevention, perform this entire 30-10 mobility/activation circuit at least once per week

Why 30-seconds for mobility/activation?

Well, we want to warm-up without overly fatiguing ourselves for the upcoming workout. Still, make no mistake about it—this mobility/activation circuit is a beginner metabolic bootcamp-style workout. It will get you sweating

and puffing without overwhelming you before entering our more advanced programs. It will also bulletproof your body so that you're ready to handle anything else I throw your way.

Below is an outline of our MISSION: UNBREAKABLE 30:10 mobility/activation circuit.

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Self-Diagnostic Checklist - Mobility/Activation

- Using a relative stability/range of motion/difficulty scale of 1-10, "1" being full range of motion/most stable/very easy to perform and "10" being partial range of motion/most unstable/very difficult to perform, please check the appropriate box for each mobility/activation exercise below whenever you feel a challenge that is greater than a 5 out of 10

- Your fitness homework is to religiously perform all mobility/activation exercises that were a 5 or greater on the stability/range of motion/difficulty scale both pre-workout and several times post-workout every day. Be sure to first self-massage AND stretch all tight/related muscle groups in order to eliminate any tissue restrictions for optimal performance of these foundational bodyweight strength exercises

- For best results and injury prevention, perform this entire 30-:10 mobility/activation circuit at least once per week

	30-10 Mobility/Activation Circuit	
	Perform each exercise for 30 seconds followed by a 10-second transition	
1	Crocodile Breathing	
2	Downward Dog	
3	½ Kneeling Ankle Mobility (L)	
4	½ Kneeling Ankle Mobility (R)	
5	Split Squat or Reverse Lunge (L)	
6	Split Squat or Reverse Lunge (R)	
7	Lateral Squat or Lateral Lunge (L)	
8	Lateral Squat or Lateral Lunge (R)	
9	Alternating Knee-up - slow	
10	Wall Butt Touches	
11	Squat Variation	
12	Arm Wall or Stick-ups Slides	
13	Plank Walkouts	
14	Side Pillar Variation (L)	
15	Side Pillar Variation (R)	
16	Back Extensions Variation	

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Self-Diagnostic Checklist- Personal Improvement Routine

- First perform the complete **MISSION: UNBREAKABLE** routines and checklists including the tissue quality, flexibility and mobility/activation circuits (in that order)

- Then select the 6 most “painful/restricted” self-massage exercises and place them in the chart below as exercises #1-6. From there, select the 5 most “tight” flexibility exercises and place them in the chart below as exercises #7-11. Lastly, select the 5 most “unstable/limited range of motion/difficult” mobility/activation exercises and place them in the chart below as exercises #12-16. For all unilateral exercises confined to a single exercise in the circuit below, simply switch sides at the halfway mark

- For best results and injury prevention, perform this entire 30:10 personal improvement routine both pre-workout and post-workout, as well as part of a daily routine

	30:10 Personal Improvement Circuit
	Perform each exercise for 30 seconds followed by a 10-second transition
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16	

HAVE FAITH
&
TAKE ACTION!™

For more information about Mission: Unbreakable and other weight loss and fitness programs offered at The Transformation Club please visit www.TheTransformationClub.fitness