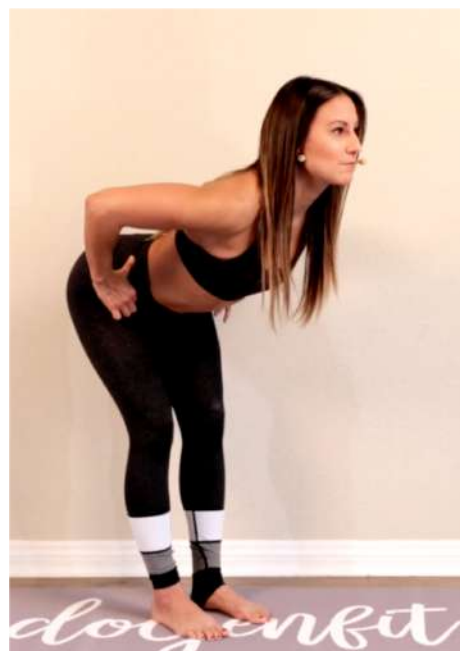


How To Touch Your Toes If You Can't | Flexibility Hack 1

00:00 Welcome back. So we're going to be going over the forward fold and not just in a way of improving your hamstring length, but actually tapping into the nervous system. Because this is something that we forget a lot. And here's the thing, if your body's not used to bending forward or it feels like it doesn't feel safe going forward, your hamstrings end up pulling and naturally you're like, "I don't have a lot of range, I can't go forward." But what is actually happening, is that your body is protecting you. It's saying "we don't feel safe going forward", so we're naturally going to have a little pull so that you can't go forward very much. And really you might have adequate hamstring mobility or you might just need to relax in your system. Okay? So we're going to practice how to do that and how to improve your spinal mobility to actually allow you to bend forward and touch your toes.

01:10 So I want you to try this with me, okay? So we're going to come here and all we're going to do is work on a simple little hip hinge right now. And what that means, is I'm going to unlock my knees just a little bit. Place my hands on my hips, and now I'm going to think of taking these hip bones forward into my thighs. So I'm going to stick my booty out, take my hip bones down and forward as much as I can until I feel a stretch into my hamstrings and I come back up. Hip bones down and forward, stretch and cut back up, and I'm just going to go into that about five to ten times forward and coming up...great.



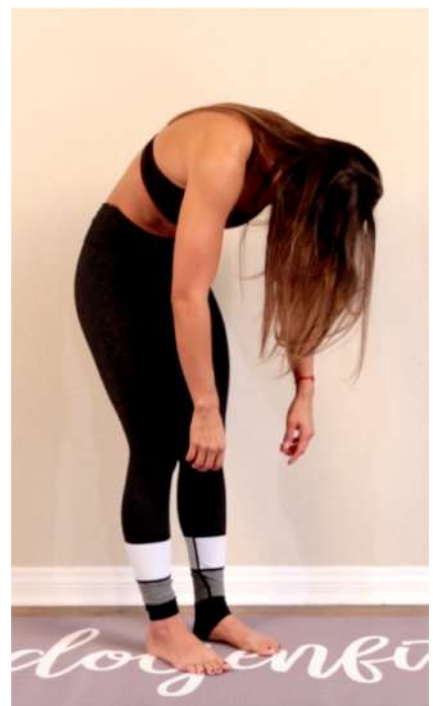
01:52 Next one we're going to do is practicing getting into that spinal segment versions. That means one vertebrae at a time, I want to practice allowing it to release nice and slowly down, so that I learn how to actually bend forward and I teach my body and my brain that it is safe.

Okay, so you might not feel comfortable with your feet all the way together and that's okay. Separate them a little bit.

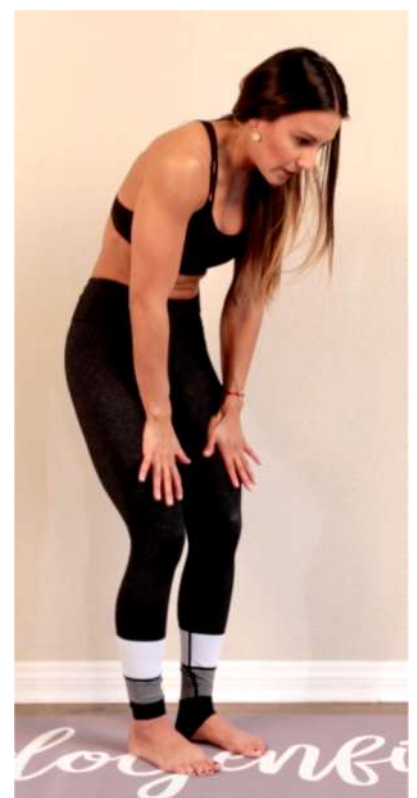
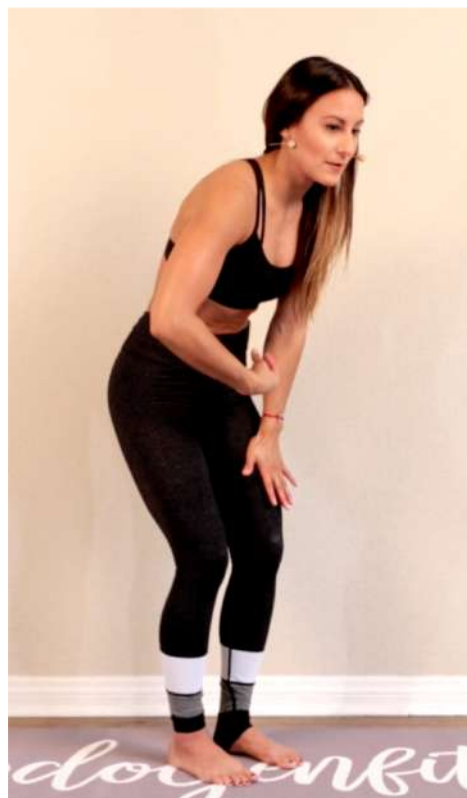
Now what I want you to do is just nice and gently take that chin down toward your chest and then really gently you're going to start to peel down the spine. So I want you to think neck and then upper back and then a little bit down from there. You can unlock the knees just a little bit, coming down, all the way down until you feel like it's into your low back, and then you just come right back up one vertebrae at a time, nice and slowly, and then your head, is the last thing to come up.

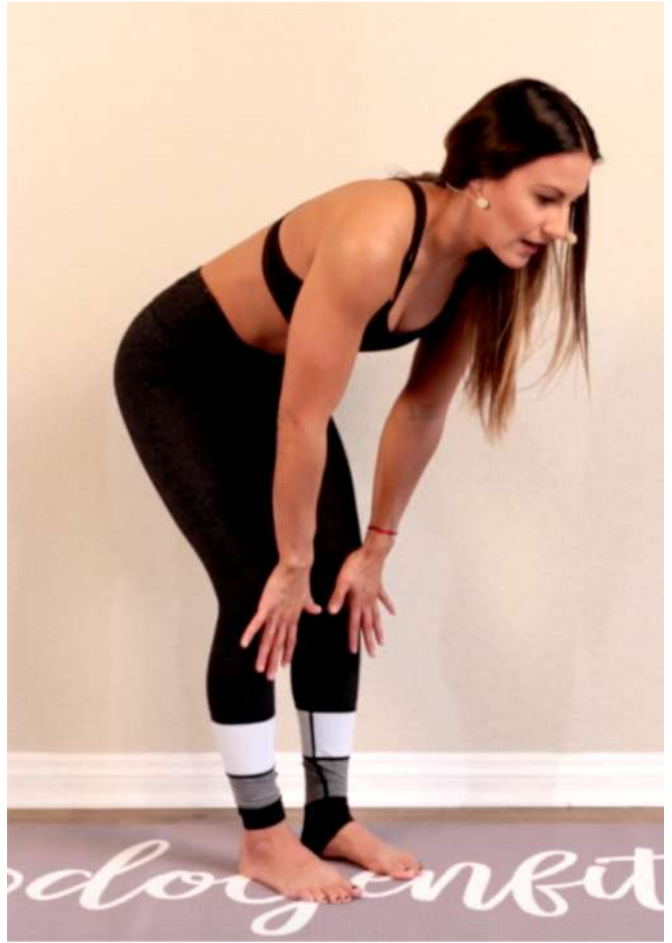
So we're going to try that again, coming down chin, and lock the needs just a little bit until you feel it's into your little back, and then start from tail bone down and let it roll up one vertebrae at a time until you come all the way back up. Now I want you to increase that movement just a little bit too. You can go a little bit faster. Chin, down, reach and again chin , down, reach and then come back up.

Okay, so now we just increased that spinal segmentation, and you've gotten your body used to "how does it roll forward?"



03:45 Okay, next one, now we're going to kind of activate that core, so now we roll through the back but how do we activate the front so it almost like pulls us forward to practicing pulling forward. So here we're just going to unlock your knees again, take your hands onto your thighs and you're going to do a good little push and think of pulling that belly button up and in. So you're going to breathe out and relax. Come down a little bit more, breath out and relax, pulling that belly button up and in, breath out. And then you're just going to continue to walk down your legs as much as you can. Walk down a little bit more, walk down more, and then come back up. Try that all one more time.







04:34 Okay, now I want you to put it all together. So we're going to roll down our spine, we're going to let those hips fall forward, and we're going to allow those abs to pull us down to the floor too. So it's kind of fun. If you checked your forward fold first, and now we're going to check it on the way after. Okay, so now we're going to allow that spine to roll down, pull from the abs, hipbones come forward, and all of a sudden, we are much closer to the ground without having to do anything to the hamstrings.

05:07 Thanks for watching guys. I hope you're enjoying it. Don't forget to like and comment below to let me know what you think and subscribe so you don't miss any in the future.



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