

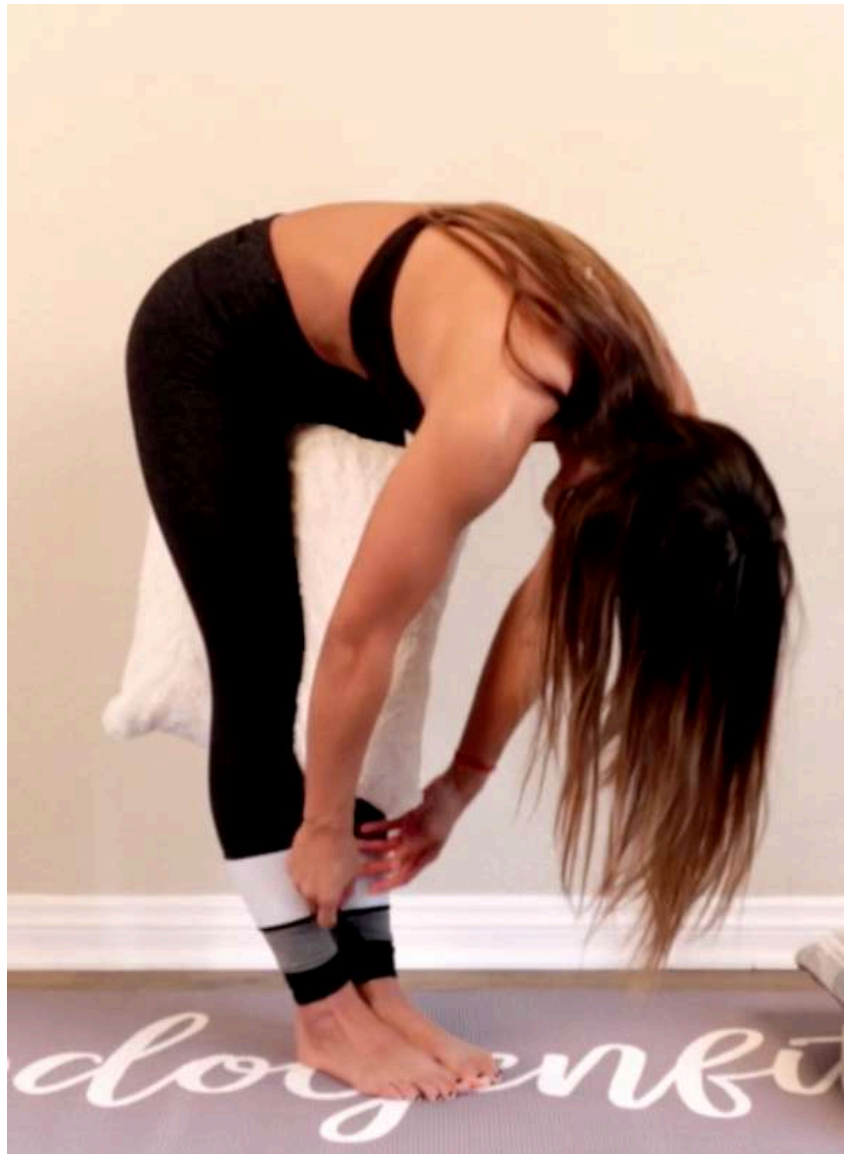


Touch Your Toes By Finding Control

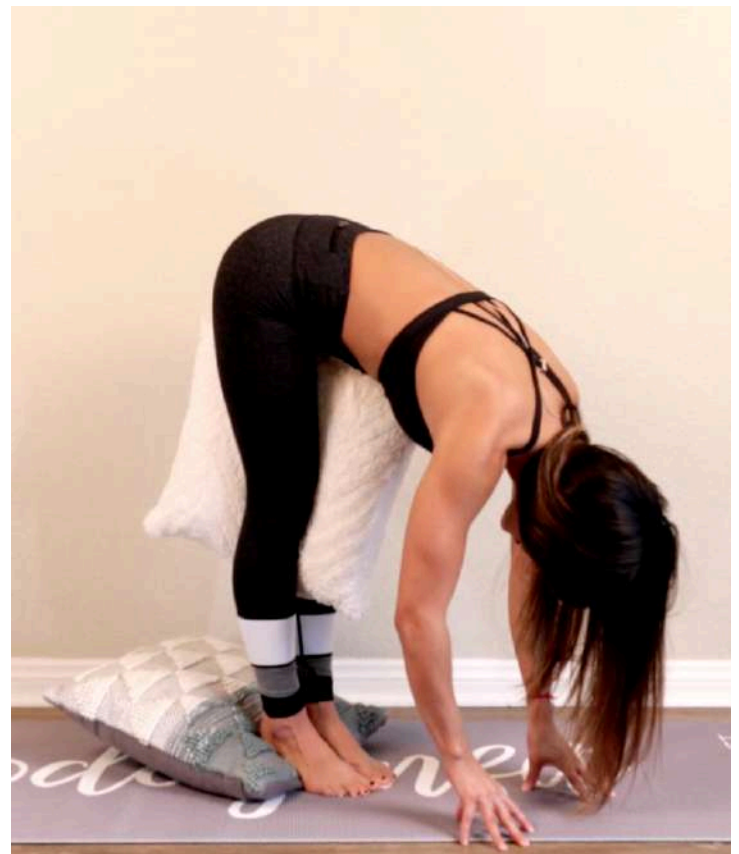
[00:01](#) So we're going to address the forward fold or bending forward and touching your toes again in a very different way. So if you watched last week's video, you saw that I addressed how to bend forward and touch your toes without even touching the hamstrings, and you can already improve your range of motion greatly by doing those tricks.

[00:21](#) While we're going to dive into some neurological trickery again today and practice how to increase stability so your body feels safe in order to bend forward. Because, again, like I explained last week, if your body feels like it doesn't have a good base of support or it doesn't feel safe, it's going to restrict and pull on the hamstrings so you can't bend forward as much, and it really does happen. Especially if you bring your feet close together, your body isn't used to being in this space, typically, for great periods of time. We're usually far apart or leaning on one leg, leaning on the other leg, so all of a sudden, if you bring your feet together and you try to bend forward, your body's like, "Whoa", doesn't feel safe.

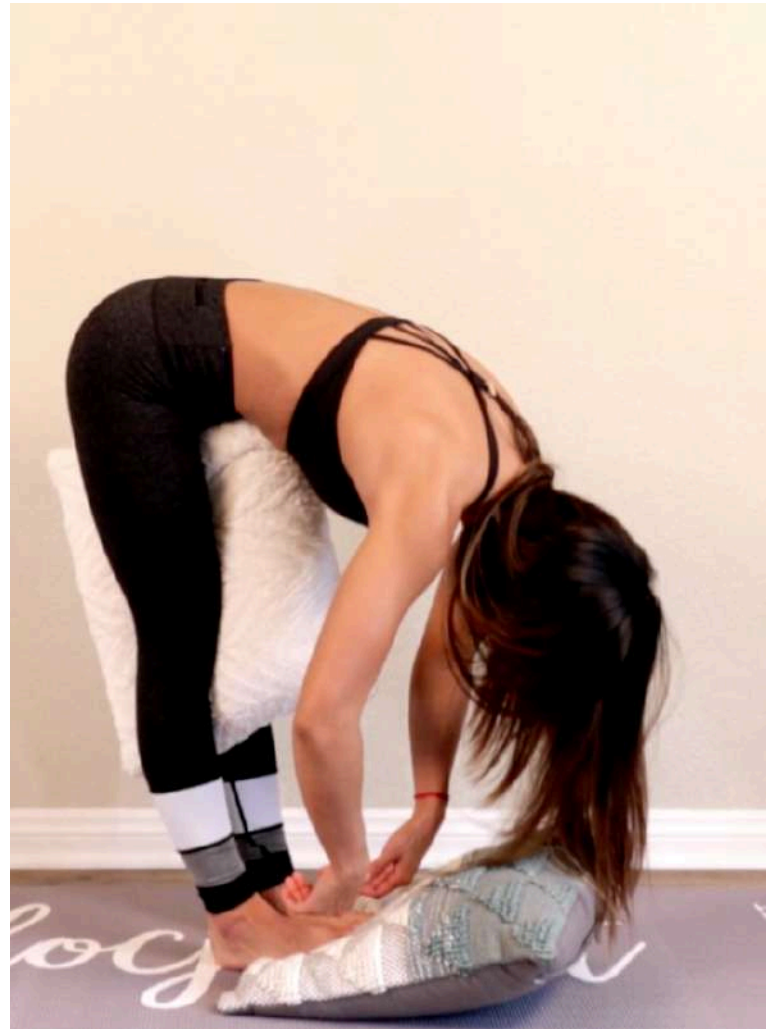
01:04 So we can increase that stability by actually improving the control around it. So we can put a pillow right between the legs. And I'm going to squeeze the heck out of this pillow, really turning on my adductors, so my adductors help to pull in for balance and stability of the body. So if I now squeeze the heck out of this pillow and then I'm going to practice bending forward. So I'm going to do some of the same tricks I did last time by rolling through the spine, squeezing the pillow, and then coming right back up. Squeeze the pillow, doesn't matter how far down you go, we're just worrying about improving the stability and it's squeezing that pillow so we can really work those adductors. So again, squeezing the pillow as you come forward and back up, and we're going to do this about five to 10 times, just really squeezing that pillow



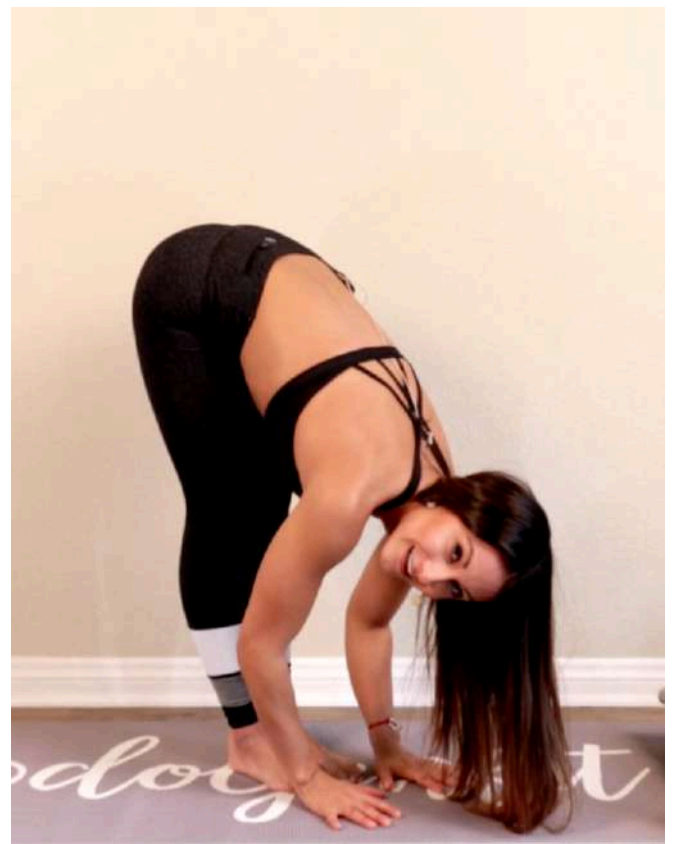
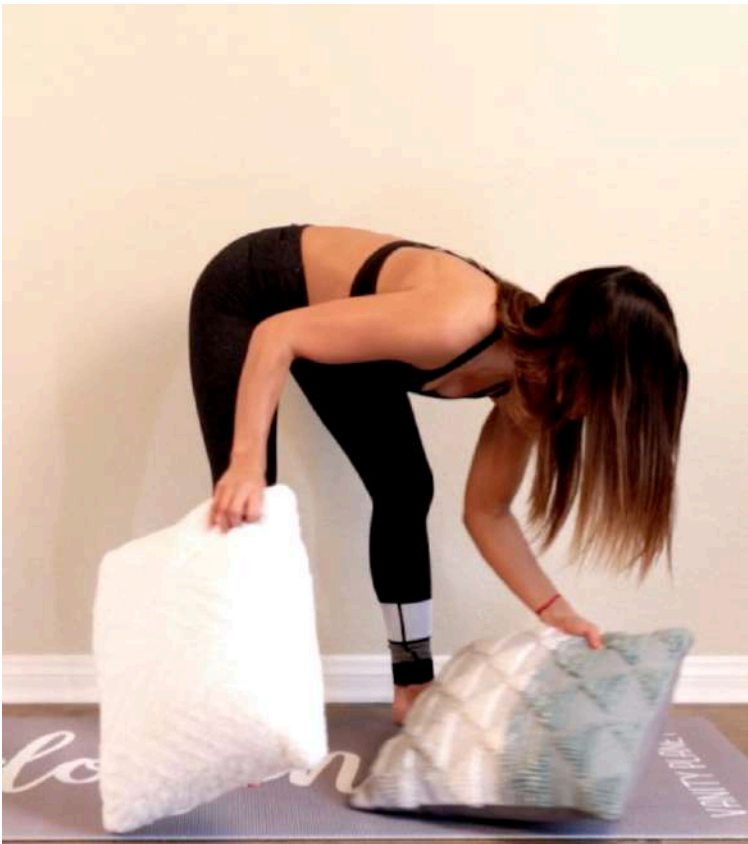
01:59 Okay? Now we're going to throw off the body just a little bit to really improve that stability again. So now I'm going to take another pillow or you can fold up a towel or anything like that, and I'm going to actually put my toes on it. Actually, let's start with the heels. We're going to put the heels on it so it's not as aggressive to start. So now I'm going to put my heels on it, so I'm already starting to fall forward and I'm telling my body "whew, that might be a little scary", so I'm going to squeeze, I'm going to come down and then come up.



02:28 So now my body's kind of thrown off and it has to play with the balance and the stability of what's happening through the system. As I have my heels raised and I want to fall forward, my body's kind of learning how to transfer the weight and the balance and improve that stability and support. Next I'm going to take that, move it forward, bring my toes on it, squeeze the pillow again, and then again, now I'm putting my nerves on stretch. Now I'm going to squeeze, and I'm coming back. So now it's wanting to push me back. It kind of lifts up my toes so it puts my nerves on stretch. So I'm also getting a little bit of a nerve glide as I come down as well. Coming down and back up, squeezing, squeezing, squeezing, coming down and back up.



03:16 After five in each position, you might feel a little tired, like those legs just got worked, which is great. Now what we're going to do is just start to bend forward and see what it feels like. So now placing the feet together, you don't have anything anymore, and see if you feel a little bit more safe to get a little bit more range of motion in that forward fold. Give it a shot.





03:56 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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