



Welcome to the FLO FITNESS RDA Program (Rolling/ Distraction/ Activation)

The purpose of this program is to help increase mobility around the joint while also working on stability. We have found through experience that the areas listed in this program tend to be the most problematic. You can go through the entire program as a whole or select the specific areas that you have restrictions and only use those.

All exercises in the program are available in the FLO VAULT! Sign up today for access to the Vault and the hundreds of exercises inside.

Ankle RDA Program

**You will need a Lacrosse ball, baseball or golf ball, Foam Roller, Thera Band or elastic tubing, and Rope.*

Soft Tissue Work

Roll

Plantar Fascia	10 reps	FLO VAULT CATEGORY Soft Tissue
Lateral Malleolus	10 reps	Soft Tissue
Anterior Tib	10 reps	Soft Tissue
Peroneal	10 reps	Soft Tissue
Calf	10 reps	Soft Tissue

Distraction

Exercise	Sets	Reps	FLO VAULT CATEGORY
Posterior Pull	1	20	Band Distraction
Internal Rotation	1	20	Band Distractions

Activation

Exercise	Sets	Reps	FLO VAULT CATEGORY
Short Foot	1	15	Band Distractions
Dorsiflexion	1	15	Band Distractions
Inversion	1	15	Band Distractions

**If you have any questions feel free to contact us at flofitness@gmail.com*

Hip RDA Program

**You will need a Lacrosse ball, baseball or golf ball, Foam Roller, Thera Band or elastic tubing, and Rope.*

Soft Tissue Work

Roll

Psoas	10 reps	FLO VAULT CATEGORY Soft Tissue
Upper Quad	10 reps	Soft Tissue
Adductor	10 reps	Soft Tissue
TFL	10 reps	Soft Tissue
Glute	10 reps	Soft Tissue

Distraction

Exercise	Sets	Reps	FLO VAULT CATEGORY
Hip Internal/external rotation	1	20	Band Distractions
Hip Flexor	1	20	Band Distractions
Hamstring			Band Distractions

Activation

Exercise	Sets	Reps	FLO VAULT CATEGORY
Band 1 Leg Hip Press	1	15	Super bands
Fire Hydrants	1	15	Mini Band Mania
TRX HS Curl	1	15	Exercise Library

**If you have any questions feel free to contact us at flofitness@gmail.com*

Shoulder RDA Program

**You will need a Lacrosse ball, baseball or golf ball, Foam Roller, Thera Band or elastic tubing, and Rope.*

Soft Tissue Work

Roll

Pec Minor	10 reps	FLO VAULT CATEGORY Soft Tissue
SC Joint	10 reps	Soft Tissue
Subscap	10 reps	Soft Tissue
Scalene/Upper Trap	10 reps	Soft Tissue
Lats	10 reps	Soft Tissue

Distraction

Exercise	Sets	Reps	FLO VAULT CATEGORY
Chicken Wing	1	20	Band Distractions
Flexion	1	20	Band Distractions
Thread the Needle	1	20	Band Distractions

Activation

Exercise	Sets	Reps	FLO VAULT CATEGORY
Protraction	1	15	Band Distractions
Retraction	1	15	Band Distractions
Low Trap Dip	1	15	Exercise Library

**If you have any questions feel free to contact us at flofitness@gmail.com*

Wrist RDA Program

**You will need a Lacrosse ball, baseball or golf ball, Foam Roller, Thera Band or elastic tubing, and Rope.*

Soft Tissue Work

Roll

Flexors	10 reps	Soft Tissue
Extensors	10 reps	Soft Tissue
Palm	10 reps	Soft Tissue

Distraction

Exercise	Sets	Reps	FLO VAULT CATEGORY
Finger Towards	1	20	Band Distractions
Palm Up	1	20	Band Distractions

Activation

Exercise	Sets	Reps	FLO VAULT CATEGORY
Forward Load	1	15	Band Distractions
Corkscrews	1	15	Band Distractions

**If you have any questions feel free to contact us at flofitness@gmail.com*