Strengthen & Lengthen

This three-part informational series focuses on addressing imbalances in three main locations on the human body. Discover how to combat body imbalances often caused by posture issues, lack of mobility and how they might result in decreased athletic performance.

Session I  Thoracic Spine Mobility
Session II  Medial Knee Tracking
Session III Low Back Pain and Hamstring Flexibility

For more information visit: campusrec.studentlife.wfu.edu/fitness/specialty-fitness-programs

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Session I: Thoracic Spine Mobility
This class will address problems associated with lack of T-spine mobility such as postural Kyphosis and Osteoarthritis. Learn how to become more mobile as well as strengthen the upper back resulting in improved posture and overall better functional performance.
Sept 28 | 6:30pm–7:30pm | Miller Center Room 132

Session II: Medial Knee Tracking
Tracking occurs during knee dominant exercises such as squats, lunges, and deadlifts. Even everyday functions like climbing stairs or standing from a seated position creates demands on the knee. This class will offer strengthening and mobility exercises to reduce the likelihood of developing Patellofemoral Pain Syndrome, knee osteoarthritis, and damage to both the MCL and cartilage of the knee.
Oct. time and location to be determined

Session Three: Low Back Pain and Hamstring Flexibility
This session addresses the relation between low back muscular pain and hamstring flexibility. Tightness in the hamstring often leads to limited range of motion in the pelvis which can increase stress across the low back ultimately corrupting correct posture. Exercises strengthening the “posterior chain” as well as dynamic and static stretches will be the focus of this class.
Nov. time and location to be determined.