

HOME SWEAT HOME



OFFICE EDITION STRETCH ADVANCED

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SIX MONTHS FROM
NOW YOU WILL LOOK
BACK

AND THANK YOURSELF
FOR DOING THIS

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HOME SWEAT HOME

HOME OFFICE FITNESS

PRIMARY GOAL



BEING PAIN FREE

GETTING RID OF NECK TENSION & LOWER BACK PAIN
MOBILIZATION OF THE SPINE



OPTIMAL COMPENSATIONAL MOVEMENTS TO YOUR WORKDAY ROUTINE

WORKING AGAINST TYPICAL HABITS OF POSTURE
MOBILIZATION OF SHORTENED MUSCLE GROUPS



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We all know that the human body is made for moving in an upright position and walking on two legs. The upright posture is the natural position for human movement and is seen as the foundation of all other human movements.

For being able to stand in an optimal upright position, the human body needs to have a perfect and economic balance between all skeletal muscles.

That means that all muscle groups have to find themselves within a total balance towards each other. If certain muscle groups are stronger or weaker than their corresponding muscle groups, it is called a „Muscular Imbalance“.

For that reason alone we can certainly imagine that remaining in a seated position for hours a day, almost every day, will most likely force the body to local and partial changes in muscular balancing and therefore result in muscular imbalances.

Sitting in a chair and working at a desk all day will cause shortened muscles, pain in the shoulder/neck-area as well as in the upper and lower back.

Muscular tension and/or tightness of a certain muscular group, regardless of its size, will have a negative influence on the overall posture and quality of movement.

Muscular Imbalances between muscle groups and muscle chains negatively affect our posture, ability to economically move as well as overall health and sports performance.

Additionally, appearances of overload and chronic postural damages might occur over time, beginning in said upper and lower back pain all the way to structural damages and „signs of wear“ in joints, cartilage, intervertebral discs etc.

Therefore, a thorough compensational activity to the workday routine is absolutely necessary to decrease and/or prevent degenerative symptoms.

How we are going to do that?

I will show you!

*As of the current closing of gyms all over the country due to the COVID-19 it was not possible to have a strict and general display of exercises in the exercise glossary. Should there be any questions regarding exercises or workouts, feel free to contact me right away.



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GENERAL INFO

TERMINOLOGY

Order

The „order“ describes the specific sequence in which certain exercises should be done in.

Set

A „set“ or „workout set“ describes the amount of rounds a certain exercises should be done.

Example:

ORDER	EXERCISE	SETS	REPS
A	GLUTE BRIDGE	2	20

According to this example the exercise „Glute Bridge“ will be done twice, with 20 repetitions in each set. 1st set of 20 reps, break, 2nd set of 20 reps.

Superset

„Supersets“ describe a combination of two or more separate exercises within one set. They are marked with numbers in their specific order. When performing a superset, you start out doing exercise 1 for the recommended amount of reps and continue with exercise 2 without a break inbetween. When the recommended amount of reps of the last exercise is done you will have a break.

ORDER	EXERCISE	SETS	REPS
A1	GLUTE BRIDGE	2	20
A2	INVERTED ROW ON TABLE	2	12

In this case you perform the first set of „Glute Bridge“ with 20 Reps, go straight to „Inverted Row on Table“ for 12 Reps. You will then have a short break before you continue to the second time performing the superset.



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WHAT WE **STRETCH** AND WHY

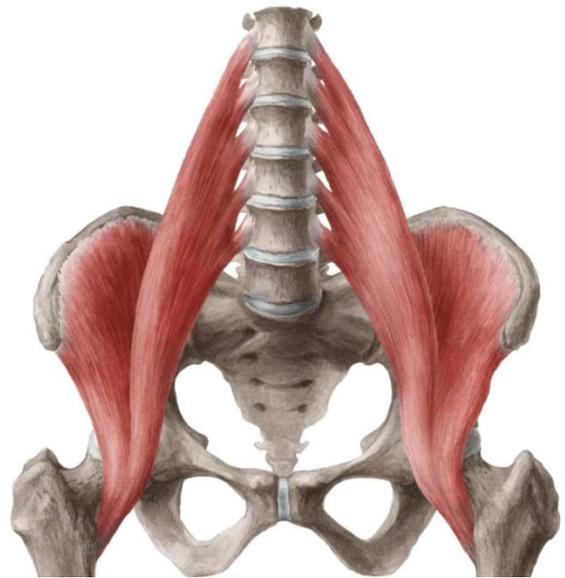
Hip Flexor (Iliopsoas)

The Hip Flexors are a smaller muscle group in the frontal hip/groin area and lumbar spine. They consist of two primary muscles, the Iliacus and Psoas, that bend/flex your hip when contracted.

Generally speaking

Every muscle in the human body will over time remain in the position that it is constantly put in.

This alone might clear things up on why stretching the iliopsoas is absolutely necessary, if not mandatory for office employees.



Constantly being in a seated, and therefore „hip-bent“ position with shortened hip flexors will eventually result in chronically shortened hip flexors. The shortened hip flexor will then put a constant pull on the lumbar spine to which it is attached to. This constant pull will result in a „hollow back“ posture and lower back pain.

The positive part

Lower back pain caused by shortened and tight hip flexors is very treatable and can be relieved by thoroughly stretching the shortened muscle group.

TIPP:

For every hour sitting at a desk you should spend at least one minute stretching.

WHAT WE **STRETCH** AND WHY

Hamstrings

(Biceps Femoris, Semitendinosus & Semimembranosus)

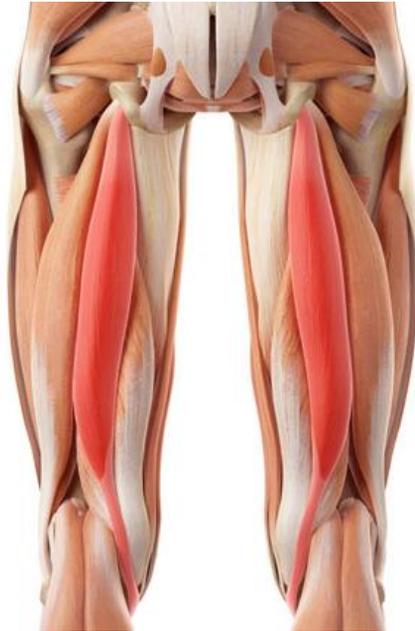
The Hamstrings are on the back of your thighs and bend the leg in the kneejoint and also take part in extending the hip.

Remaining in a seated position will cause a shortening of the lower part of your hamstrings due to the constantly bent knees.

Since the hamstrings are attached to the lower, back part of your pelvic bone, a shortened hamstring will result in a pull on your pelvic bone in all low lifting movements, such as lifting out of a deep squat.

This pull will force your lower back to be rounded in deep squat positions, which may result in injuries such as increased back pain or in a worst case scenario: herniated intervertebral discs.

Thoroughly stretching your hamstrings will benefit remaining in a correct posture during heavy lifts in low squat positions and prevent spinal injuries and back pain.



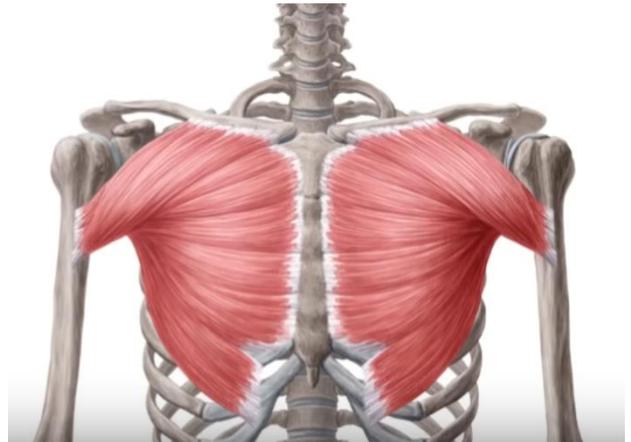
WHAT WE **STRETCH** AND WHY

Chest Muscles

(Pectoralis Major & Minor)

Your chest muscles are primarily made up by the Pectoralis Major as well as the smaller Pectoralis Minor. Together, the "Pecs" are one of the three biggest muscle groups in the human body. They connect the sternum, collar bone and upper arm bone.

In its functionality, contracting the pecs will cause the upper arm to adduct to the body, cross arms in front of the body, lift the arms in front of the body and, depending on arm position, retract the arm backwards.



Sitting at a desk all day and working with a PC will cause your arms to be constantly in front of your body, hence result in constantly contracted and therefore shortened pec muscles. This posture will also result in a rounded upper back and lengthened (therefore weakened) upper back muscles.

Long story short

Deskwork increases a shortening in frontal upper body muscles.

Contrary to the shortened frontal muscle in your upper body, the muscles in your upper back will have to lengthen.

The problem

Shortened muscles are stronger, lengthened muscles are weaker. We have a muscular imbalance which not only increases bad posture but pain as well. Weakened muscles are prone to cramping and tightening up fast.

Thoroughly stretching your pectoralis muscles in combination with strengthening of your upper back muscles will result in a corrected posture and massive pain relief, if you suffer from neck- & shouldertension.

We will take a closer look on how to strengthen your upper back muscles later.



WHAT WE **STRETCH** AND WHY

Trapezius Muscle

(Trapezius p. ascendens, p. transversalis & p. descendens)

Almost everybody knows them. Not necessarily by name, but by their symptoms. Your Trapezius, or short „Traps“ are the first muscles that you will notice after a long day of deskwork.

The traps are set up by three separate parts. One upper part (descending part) goes from the back of your head to your upper shoulder. One middle part (transverse part) that goes from shoulder to your spine and one lower part (ascending part) that connects the inside of your scapula to your spine.

Due to a contracted pectoralis while sitting at a desk your upper back, especially the traps will be lengthened and therefore weakened. This concerns mostly the upper and medial part of the traps. The weakened muscle now tends to tighten up and build up tension.

The best cure

The best cure against muscle tightness in your shoulder & neck area is to strengthen your muscles step by step.

So why should I stretch the traps, when they are already long and weak?

Pretty simple

Muscular tightness is like having small knots (so called triggerpoints), that need to be released. The best way to do that is by stretching and applying punctual pressure to a triggerpoint until it is releasing. Massaging is a good way to do that. But massaging cures the symptoms, not the origin of the pain.

After stretching and releasing the triggerpoint you will have to strengthen the muscles with specific strength training. That is the only way to have a long lasting cure to muscle tightness.



WHAT WE **STRETCH** AND WHY

Square Lumbar Muscle

(Quadratus Lumborum)

The square lumbar muscle connects the pelvic crest and the 12th rib. It is used in all lateral movements in the upper body and can cause heavy pain in the lumbar spine area when it gets tight.

Although sitting has no effect on shortening the square lumbar muscle that is worth mentioning, it is not uncommon that a tight square lumbar muscle is the reason behind a lot of common back pain.

Tight square lumbar muscles are known to affect multiple pain areas, that may reach from local pain in your lumbar spine to Hamstring pain.

Therefore, additional stretching of your square lumbar muscle may help reduce pain in the lumbar spine and its surrounding areas.



ADVANCED

ORDER	EXERCISE	SETS	REPS	COMMENTS
A	HIP FLEXOR WALL / COUCH STRETCH	2	30 – 60 Sec	Squeeze glutes of hind leg, push pelvis forward actively. Hold 30 – 60 seconds
B	WORLD'S GREATEST STRETCH RIGHT	2	30 – 60 Sec	30 – 60 Seconds hold in bottom position, then proceed straight to C
C	THORATIC SPINE ROTATION RIGHT	2	8	From the same position as B your right arm rotates out and up as far as possible. Controlled movements are key. Head keeps watching the hand as it rotates. After that return to starting position and push elbow to ground once. Repeat for 8 reps
D	WORLD'S GREATEST STRETCH LEFT	2	30 – 60 Sec	See B, but left foot in front. Proceed straight to E after you're done
E	BWS ROTATION LINKS	2	8	See C. Repeat 8 times then go on to F.
F	PECTORALIS STRETCH IN DOORWAY	2	30 – 60 Sec	Single Arm stretch in doorway. Elbow is slightly above 90°. Hold each side for 30-60 seconds twice
D	RHOMBOIDS & TRAPS STRETCH	2	30 – 60 Sec	Repeat each side twice
E	QUADRATUS LUMBORUM STRETCH	2	30 – 60 Sec	Lean on a wall sideways, feet about one footlength away from the wall. Stretch your inside arm upward to the ceiling and push your hip towards the wall so that your upper body pulls away from the wall. Your body will look like a crossbow under tension. Both sides twice.



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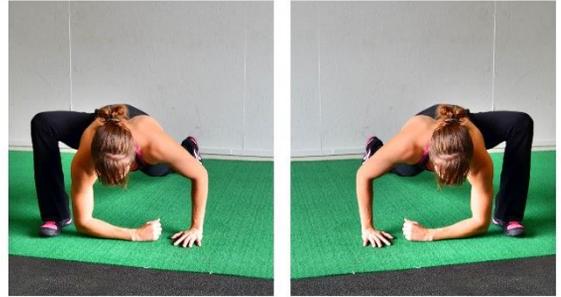
ADVANCED WORKOUT

HIP FLEXOR WALL / COUCH STRETCH



In a lunge position with your hind knee on the ground. The front leg is in a 90° position. Elevate your back foot on a chair or couch (or push against wall). Actively push your hips forward to create a stretch in the hip flexor and quadriceps (front thigh muscle). You can increase the stretch by stretching your arms above your head and slightly bend your upper body backwards.

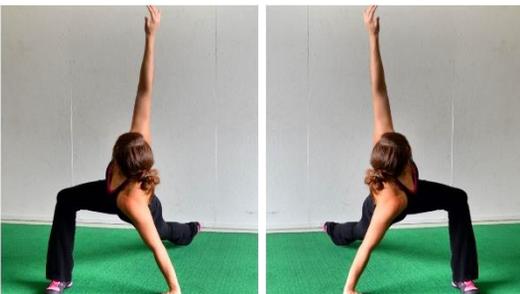
WORLD'S GREATEST STRETCH



Example with right side:

From a pushup position, place your right foot outside of your right hand. The back knee stays above the ground. Now push your right elbow as far towards the ground as possible, creating a stretch in both front leg hamstrings and back leg hip flexors. Hold that position and increase the push towards the ground as you like.

THORATIC SPINE ROTATION



Example with right side:

From the stretched position of the World's Greatest Stretch with your elbow pushed down to the ground you now rotate your right arm (under control) out and up above your head, creating a twisting motion in your thoracic spine. Your head follows the hand as it rotates out. You then slowly rotate back into the starting position in which you once again push your elbow to the ground for 1 second and repeat the movement.

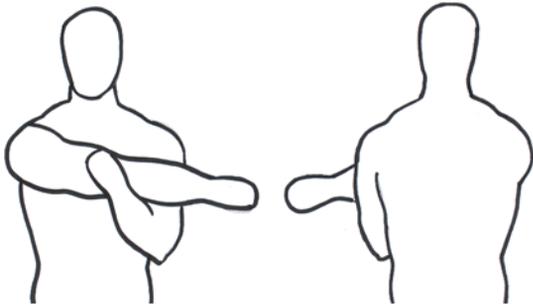
PECTORALIS STRETCH IN DOORWAY



Single arm stretch in doorway. Elbow is slightly above 90° and the forearm is placed on the doorway. Slightly step into the door to increase tension on the pectoralis muscle. For even higher stretching effect, turn upper body away from the stretched arm.

ADVANCED WORKOUT

RHOMBOIDS & TRAPS STRETCH



Lift one arm across your upper body and grip its elbow with the other hand. Pull actively towards your body to increase stretch. For even higher stretching effect, actively push the stretched arm into the direction it is pulled in.

QUADRATUS LUMBORUM WALL STRETCH



Lean on a wall sideways, feet about one footlength away from the wall. Stretch your inside arm upward to the ceiling and push your hip towards the wall so that your upper body pulls away from the wall. Your body will look like a crossbow under tension.



NIKLAS RÖMER

WHO IS THIS GUY?!

Being the son of a former professional soccer player Dirk Römer, athletic sports have always been a centerpiece of my life. Starting my sporting career with soccer as well, an old friend of mine brought me up to American Football practice in 2005. After three seasons with the Neuss Frogs youth team I made the jump into the German Football League, where I have been active from 2008 until 2019 as well as in the German national Team from 2010 – 2017.

In 2012 I decided to study fitness economics at the „Deutsche Hochschule für Prävention & Gesundheitsmanagement“ in Cologne from which I graduated with the Bachelor of Arts in Fitness Economics in 2015.

Over the course of my studies I was able to collect a lot of experiences and additional qualifications in the field of athletic training

To name a few:

Trainer for Machine Based Strength Training
Health Coach
Trainer for Sportsrehabilitation
Nutrition Coach
Licensed Personal Trainer

In July of 2013 I was brought to Braunschweig by the reigning German Bowl and American Football German record champions NEW YORKER Lions who made it possible for me to continue my studies at one of the main sponsors, the HYGIA Fitness GmbH.

After graduating in 2015 I took the next step in my Fitness Coaching Career was the General Manager for the VIENNA Fitness Wolfenbüttel until August 2017.

I have created Romans Personal Training in 2016 to focus on teaching people valuable lessons in the field of fitness & nutrition. Romans Personal Training has been renamed to Romans Personal Coaching in 2019, as I am focusing on creating knowledge in coaching instead of simply training people. Everybody can make you tired. But we will make you better.

FUN FACTS

Things you might want to know, but definitely don't need to know.



5x German Bowl Champion (2013, 14, 15, 16, 19)
4x Eurobowl Champion (2015, 16, 17, 18)
2x European Champion (2010, 2014)
1x Eurobowl MVP (2016)



Super Nintendo Super Tennis World Champion (undefeated until today, therefore self crowned champion)



2:52 Minutes Personal Best Rubik's Cube time for solving