

FIT FATHER CHALLENGE - DAY #6:

Stretch For More Flexibility & Less Pain

Message from the desk of:



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Welcome to Day #6 of your Fit Father Challenge, my friend! In today's video we covered a powerful stretching routine that will help your body feel loose & limber. Stretching and foam rolling is particularly important as we age, because the process of aging often leads to our bodies feeling stiff. We've all seen an 80 year old hunched over person whose body is so stiff they can barely move. Stretching helps increase blood flow and relax tight muscles making it a very useful anti-aging tool.

Your challenge today is simple. Follow the stretching routine in the video.

Pause and spend more time on any stretches/exercises that feel particularly good on your body. You can use this stretching routine exactly as is, or you can pick any of these stretches that you particularly enjoy and do them daily. Ideally, some of these stretches can become part of your morning movement routine.

Here is the stretching routine that we laid out in the video:

Part #1: Stretches

- Hip Flexor Stretch (60-90 sec each side)
- Pigeon Pose to loosen the piriformis (60-90 sec each side)
- Pec Doorway Stretch (60-90 second each side)
- Neck Flexors Stretch (60-90 sec)

Part #2: Mobilize The Spine

- Hang to loosen the spine (60-90 sec)
- T-Spine Extension on foam roller (60-90 sec)
- Upward and Downward Dog (10 reps)

Part #3: Strength Exercises If You Sit A Lot

- Face Pulls (2-3 sets x 8-15 reps)
- Superman Exercise for low back (2-3 sets x 5-15 reps)

That's it for your Day #6 Stretching Challenge!

To summarize, here are your key stretching action steps:

- Without stretching, our bodies get stiffer and weaker with age.
- Stretching helps improve circulation, relax tight muscles, and make your body more resilient and less injury prone.
- The routine we laid out in today's challenge has 3 parts (Stretching → Mobilizing the Spine w/ Foam Roller → Strengthening Weak Muscles).
- Your challenge today is to follow along and do this stretching routine.
- When you do this routine, find the particular stretches/exercises that feel best for your body. You will want to do those stretches regularly.

Great job on going through this challenge so far! Your final Day #7 training is coming up tomorrow. I have a special invitation for you. Check your email inbox for a message from me tomorrow morning.

Here are some other helpful links for you:

- [Fit Father Project Store](#) - (for programs, supplements, gear & more)
- [Fit Father Project YouTube Channel](#) (with 500+ videos)
- [Fit Father Podcast](#) - listen to real stories from guys 40+ (*recommended*)
- [Fit Father SuperFuel](#) - the #1 Nutrition Shake for Guys 40+
- Email our team & trainers any time: programs@fitfatherproject.com
- [The Fit Father 30X Program \(FF30X\)](#) - #1 Weight Loss Plan for Men 40+
- [The Complete Muscle Building Program](#) (Old School Muscle)