



FOAM ROLLING GUIDELINES

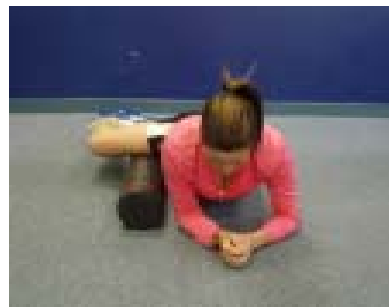
BASICS: Do one leg at a time. Try to do each major muscle group for at least 1 minute. If you run into a knot, take time to roll through it slowly or just put pressure on it. To feel some of the exercises more you can add more weight by crossing one leg over the other. Try to keep the muscle relaxed when you are rolling on it. It's best to foam roll after you have got your blood flowing from warming up, or after a workout.

Quads: Roll from above your knee vertically almost all the way to your hip flexors. Internally and externally rotate the hip to get all areas of the quad.



Hamstrings: Roll vertically from above the back of your knee all the way to the bottom of your glutes. Internally and externally rotate the hip to get all areas of the hamstrings.

Calves: Roll vertically from the base of your calf all the way up to the belly of it. Make sure to get the medial and the lateral sides of your lower leg also.



Adductors: Roll horizontally from the inner thigh all the way down to the medial side of your knee.

IT Band: Roll from your hip all the way down to the lateral side of your knee. Make sure to move slowly because if you race through it you won't break up the tissue the best you can. Make sure to lean forward a little bit when you do this one.



Lower Back: Roll vertically all through the areas the surround the lumbar spine. Keep your arms across your chest and make sure to keep your abs tight almost in a C curve.



Mid-Upper Back: Roll horizontally and work the areas that surround the thoracic spine. Arms can be out wide.



Hip Flexors: Roll vertically right at the top of your leg, above your quad. You can also roll horizontally to loosen up your hip flexors.



Lats: With your arm extend roll vertically below your armpit and down the side of your back.



Glutes: Sit on the corner of your roller. If you are on the right glute you should be on the left end of the roller. Cross your left leg over your right and roll on your right glute. Do the opposite on the other side.

