







Foam rolling

<p style="text-align: right;">Hamstrings</p>  <p>Start in a seated position with both thighs on the roller, both hands propping you up.</p> <p>Roll out the hamstrings from the knees to your upper thighs, increase the pressure (if needed) by lifting one leg up.</p> <p>Roll for 60 seconds on each side (remember the left and right side of your hamstrings).</p>	<p style="text-align: right;">Outer lower leg (peroneals)</p>  <p>Lie on one side with one leg on the roller, the other on top and prop yourself up with your forearm.</p> <p>Roll between the knee and ankle, if too much pressure put the top foot on the floor in front of you.</p> <p>Repeat for 60 seconds on each side.</p>
<p style="text-align: right;">Thigh</p>  <p>Start face down on the floor with both thighs on the roller, forearms propping you up.</p> <p>Roll up along the length of your front thigh, feel for pressure areas that are particularly sore.</p> <p>60 seconds per side, can be longer if there are a lot of sore areas (the thigh is a big muscle).</p>	<p style="text-align: right;">Outer thigh (ITB)</p>  <p>Lie on one side with the outer thigh on the foam roller, prop yourself up with your forearm.</p> <p>Roll between the hip and knee, you will find some really sore pressure spots, put the other foot on the floor in front of you as illustrated.</p> <p>Repeat for 60 seconds on each side.</p>
<p style="text-align: right;">Calves</p>  <p>Sit with one leg extended with hands propping you up on both sides, one ankle on the roller and the other on top.</p> <p>Roll the entire length on the calf getting both sides for 60 seconds. Repeat by switching ankles on the roller.</p>	<p style="text-align: right;">Erector Spinae (Back)</p>  <p>Lie on your back with knees bent, arms out to the sides. Lift your buttocks off the ground and keep your head in a neutral position.</p> <p>Roll up and down from pelvis to the bottom of your shoulder blades for 60 seconds.</p>

Hip (TFL)



Begin face down on the floor with top outside of your thigh on the roller. Put your other leg and both arms wide on the floor.

Roll up and down the “crease” of your hip for 60 seconds each side.

Under shoulder (lats)



Begin with lying on one side with roller under your armpit and arm extended flat on the floor. If needed the other arm in front of you for balance.

Roll out the lats up and down for 60 seconds each side.

Upper back (Rhomboids)



Lie on your back with knees bent and the roller behind your shoulderblades. Put your hands behind your head or cross them in front of your chest.

Hips slightly off the floor and neck in neutral position. Roll up and down between your shoulderblades for 60 seconds.

Chest (pecs)



Start laying face down with the foam roller under on side of your chest and arms out.

Roll along your chest/pec muscle for 60 seconds and repeat on the other side.