

Suggested Warm-Up/Cool-Down for Stabilization Level

Warm-Up Components:

- Self-myofascial release (30 seconds for each muscle)
- Static stretching (30 seconds for each muscle)
- Cardiorespiratory exercise (5 10 minutes)

Foam Roller Stretches for Myofascial Release

GASTROCNEMIUS/SOLEUS (CAVLES)



Preparation

- 1. Place foam roll under mid-calf.
- 2. Cross left leg over right leg to increase pressure (optional).

Movement

- 3. Slowly roll calf area to find the most tender spot.
- 4. Once identified, hold tender spot until the discomfort is reduced (minimum 30 seconds).

TENSOR FASCIA LATAE (TFL)/ILIOTIBIAL (IT) BAND



Preparation

- 1. Lie on one side, the foam roll just in front of the hip. Cross the top leg over lower leg, with foot touching the floor.
- 2. Cross left leg over right leg to increase pressure (optional).

Movement

- 3. Slowly roll from hip joint to lateral knee to find the most tender spot.
- 4. Once identified, hold the tender spot until the discomfort is reduced (minimum 30 seconds).

ADDUCTORS



Preparation

1. Lie prone with one thigh flexed and abducted and the foam roll in the groin region, inside the upper thigh.

Movement

- 2. Slowly roll the inner thigh area to find the most tender spot.
- 3. Once identified, hold the tender spot until the discomfort is reduced (minimum 30 seconds).

LATISSIMUS DORSI



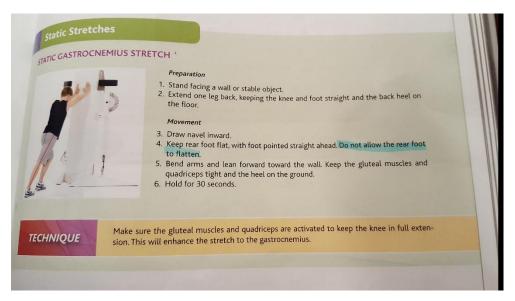
Preparation

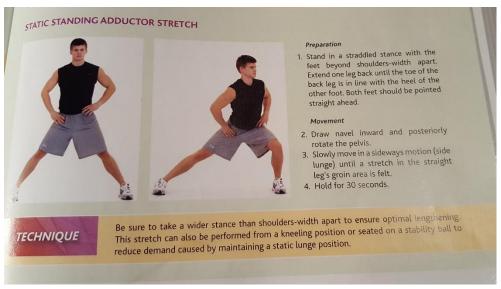
- 1. Lie on the floor on one side with the arm closest to the floor outstretched and thumb facing upward.
- 2. Place the foam roll under the arm.

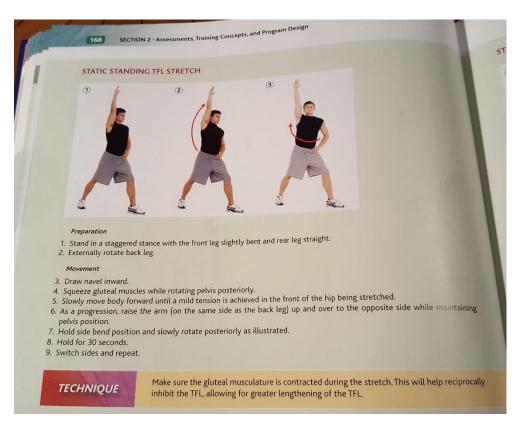
Movement

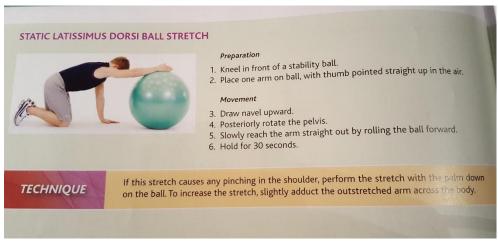
- 3. Slowly move back and forth to find the most tender spot.
- 4. Once identified, hold the tender spot until the discomfort is reduced (minimum 30 seconds).

Static Stretches









Cardiorespiratory Exercise

Treadmill Stationary bicycle StairClimber Rower Elliptical trainer

Cool-Down Components:

- Cardiorespiratory exercise (5 10 minutes)
- Self-myofascial release (30 seconds for each muscle)
- Static stretching (30 seconds for each muscle)

Reference

Clark, M. A., Lucett, S. C., & Sutton, B. G. (2012). NASM essentials of personal fitness training -4^{th} edition. Baltimore, MD: Lippincott Williams & Wilkins.