

Upper Back

- Upper back on foam roll
- Open up elbows or cross arms
- Feet flat
- Butt up
- Roll back and forth from bottom to top of shoulder blade



Upper Lats

- Lay on side
- Place foam roll on side of arm pit
- Roll up and down and side to side



Lower Lats

- Foam roll on low back
- Rotate to one side
- Feet flat
- Grab hamstrings
- Roll up and down
- Repeat for both sides



Glutes

- Sit with one cheek on foam roll and other off
- The cheek that is on, that leg is straight, the other leg is bent
- Place hands behind you
- Roll from top to bottom of butt



Piriformis

- Cross ankle to opposite knee
- Whatever ankle is up, rotate to that side
 - One cheek is on foam roll, other one is off
- Roll back and forth
- One hand on ground, the other one on ankle



Quads

- Place foam roll on middle of one thigh
- The other leg is off the foam roll
- Place hands or elbows on the ground
- Roll back and forth on quads
- Roll on outside and inside of quads



Hamstrings

- Place foam roll on middle of one thigh
- The other leg is off the foam roll
- Place hands behind you
- Roll back and forth on hamstrings
- Roll on outside and inside of quads



Adductors (Groin)

- Place foam roll parallel with body, between the legs
- Bring one knee up and over the foam roll
- The other leg stays straight
- Roll side to side
- Repeat for other leg



Calves

- Place foam roll on middle of one calf
- The other leg is off the foam roll
- Place hands behind you
- Roll back and forth on the calf
- Roll on outside and inside of calves



Feet

- Place ball at heel
- Roll ball back and forth from heel to each toe
- Roll and press on each knuckle
- Roll side to side under arch
- Press into tight spots



Shoulders

- Place the ball on one shoulder
- Cross that same arm across chest
- Roll side to side and up and down
- Roll in between spine and shoulder blade

