

# FOAM ROLLING

*Relieve your tighten muscle with these foam rolling exercises.*

*Perform 30 seconds of each.*

*If you find a tender spot, hold it there for 30-90 seconds.*





1

## HAMSTRINGS ROLL

Roll for 30 seconds



2

## GLUTES ROLL

Roll for 30 seconds



3

## ILIOTIBIAL-BAND ROLL

Roll for 30 seconds



4

## CALF ROLL

Roll for 30 seconds



5

## QUADRICEPS-AND HIP-FLEXORS ROLL

Roll for 30 seconds



6

## GROIN ROLL

Roll for 30 seconds

7

## UPPER-BACK ROLL

Roll for 30 seconds



8

## LOWER-BACK ROLL

Roll for 30 seconds



9

## SHOULDER-BLADES ROLL

Roll for 30 seconds





Upper Neck Release



Biceps Roll



Inner Thigh Roll



Thoracic Spine Roll



Shoulder Roll



Calf Roll



Glute Side Roll



I.T. Band Roll



Triceps Roll