



Intensity

Roll back & forth over an area for as long as needed to relieve stiffness

Anterior Tibialis Myofascial



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Adductors Myofascial



Calves Myofascial



Glutes Myofascial



Piriformis Myofascial



Hamstrings Myofascial



IT Band Myofascial



Peroneus Myofascial



Quadriceps Myofascial



Hip Flexors Myofascial

