

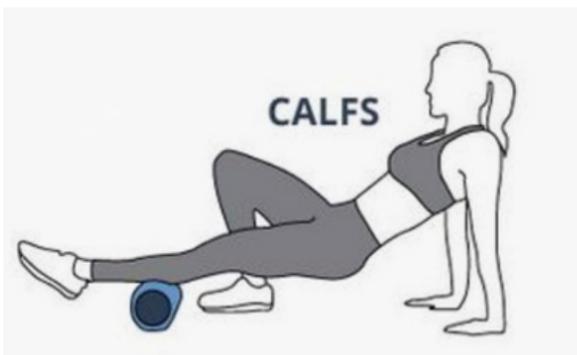
FOAM ROLLER TECHNIQUES

Start with this 5 step foam rolling routine. It helps to loosen tight muscles. It might hurt to start however it will get easier



THE QUADRICEPS

Lay down on top of your foam roller, with the roller positioned under your quads & just above the knees. With your body weight on your forearms, push yourself slowly backwards, so that the roller moves up towards your hips. Go slowly. Once close to your hips go backwards. Do this for about 45 seconds



YOUR CALF MUSCLES

Place the roller under left calf. Rest right foot on the floor or cross right ankle over left for extra pressure. Use your hands to press hips off floor, then roll from the ankle to below the knee.



OUTER THIGHS

The leg on the foam roll should be raised off the floor and remain that way during the exercise. Slowly roll from the hip to the knee, rolling along the outer thigh, slightly in front of the hip and knee, applying prolonged pressure on tender spots for roughly 30 seconds.



ADDUCTORS (INNER THIGH)

Slowly roll (about a cm per second) your inner thigh from the groin region all the way to the inside of your knee. Maintain good alignment and hold on tender spots for 30 seconds each or until the pain is reduced. Lie on your stomach with one leg extended slightly to the side, with your knee bent.



GLUTES

Massage your glute muscles by simply sitting on the foam roller and rolling back and forth over the muscle, crossing one leg over the other. Tight glutes can cause pain in your hips, back, and other areas, so this stretch is vital after a workouts.