

FOAM ROLLER MASSAGE: GLUTEALS

Sit on the foam roller with your legs bent and hands placed on the roller for support. Use your legs to gently roll yourself back and forth over the roller, concentrating on any tight and tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week



FOAM ROLLER MASSAGE: GLUTEALS

Lie on your side with the foam roller placed under your gluteals, directly below your hip bone. Support your weight with your arm and top leg (positioned in front or behind your straight leg). Using your bent supporting leg, gently roll yourself back and forth over the roller, concentrating on any tight and tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week



FOAM ROLLER MASSAGE: HAMSTRING

Sit on the floor and place the foam roller under your hamstring. Straighten your legs and cross one over the other. Lean back and support yourself on your hands. Use your arms to gently roll yourself back and forth over the roller the full length of your hamstring, concentrating on any tight and tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week



FOAM ROLLER MASSAGE: ADDUCTORS

Lie on your side with your top leg bent and the foam roller placed under your inner thigh, adjacent to your knee. Rotate your body forwards and backwards to roll the roller along your adductor muscles. Concentrate on any tight and tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week



FOAM ROLLER MASSAGE: ITB

In side-lying, place a foam roller under your ITB. Roll back and forth over the foam roller concentrating on the tight, tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week



FOAM ROLLER MASSAGE: HIP FLEXORS

Lie on your side with the foam roller placed under your hip flexor, directly below your hip bone. Support your weight with your arms and gently rotate your body over until your hip flexor muscle is fully in contact with the roller. Using your arms and top leg, gently roll yourself back and forth over the roller, concentrating on any tight and tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week



FOAM ROLLER MASSAGE: QUADRICEPS

Lie face-down on the floor with the foam roller placed under your thighs directly above your knee and support yourself on your forearms. Use your arms to gently roll yourself back and forth over the roller the full length of your thighs. Concentrate on any tight and tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week



FOAM ROLLER MASSAGE: CALVES

Sit on the floor with your legs out straight and the foam roller placed under your calves. Support yourself on your hands and raise your hips off the floor. Use your arms to gently roll yourself back and forth over the roller the full length of your calves, concentrating on any tight and tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week



FOAM ROLLER MASSAGE: PERONEALS

In side-lying, place the foam roller under the outside of your lower leg. While supporting yourself on your arms, gently roll your leg back and forth over the roller, concentrating on any tight and tender areas. If desired, add more pressure by placing your opposite leg on top.

SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week

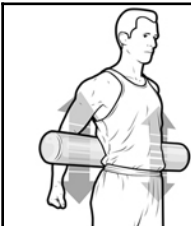


FOAM ROLLER MASSAGE: TIBIALIS ANTERIOR

Assume a kneeling position with your shins resting on the foam roller and your hands on the floor in front of you. Use your arms to gently roll your shins back and forth over the roller, concentrating on any tight and tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week



FOAM ROLLER MASSAGE: LUMBAR SPINE

While standing, hold the foam roller against your lower back with your forearms. Use your arms to gently roll the roller up and down your back, massaging your back muscles. As an alternative, you can also perform this massaging technique while lying face-down.

SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week



FOAM ROLLER MASSAGE: LATISSIMUS DORSI

Lie on your side with the foam roller placed under your side directly beneath your armpit. Use your legs and top arm to gently roll your body back and forth over the roller from your armpit to the side of your chest. Concentrate on any tight and tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week