



SFT FOAM ROLLER SERIES

CALVES

Repeat this process at 5 points moving up the calf, from your ankle towards your knee

5x pump ankle with toes pointing straight up

5x pump ankle with toes turned out

5x pump ankle with toes turned in

Then simply roll up the calf, applying pressure as you roll from your ankle towards your knee

3-5x with toes turned out

3-5x with toes pointing straight up

3-5x with toes turned in

*repeat process for each leg

QUADRICEPS

Roll up your quad 3-5x, applying pressure as you roll from your knee towards your groin. Pause on a tight spot halfway up the muscle, then bend/straighten your knee 5x

First, roll along inner quad

Second, roll along center line of quad

Last, roll along outer quad

*repeat process for each leg

ADDUCTOR

Roll up your inner thigh, applying pressure as you roll from your knee towards your groin

5-10x on each leg

TFL

Locate TFL muscle on foam roller

10x roll back and forth along TFL

*repeat process for each leg

GLUTES

Sit on foam roller in figure 4 stretch

10x Roll up the glute, from sit bone towards upper, outer hip

*repeat process for each leg

LATISSIMUS DORSI & POSTERIOR ROTATOR CUFF

5-10x Roll diagonally from lower inner lat, towards armpit

Then pause on posterior rotator cuff, and bend arm to 90 degrees with elbow on the floor

10x lower and lift your forearm

*repeat process for each side

THORACIC SPINE

Lie with foam roller beneath your shoulder blades and feet planted on floor. Support your head in both hands and stretch your head forward and back 5-10x

Roll 2 inches down your spine and repeat.

And again, roll 2 inches down your spine and repeat.

And once more, roll 2 inches down your spine and repeat.

On all fours, reach right arm underneath left armpit.

10x Roll the foam roller and and back in.

*repeat process for each side