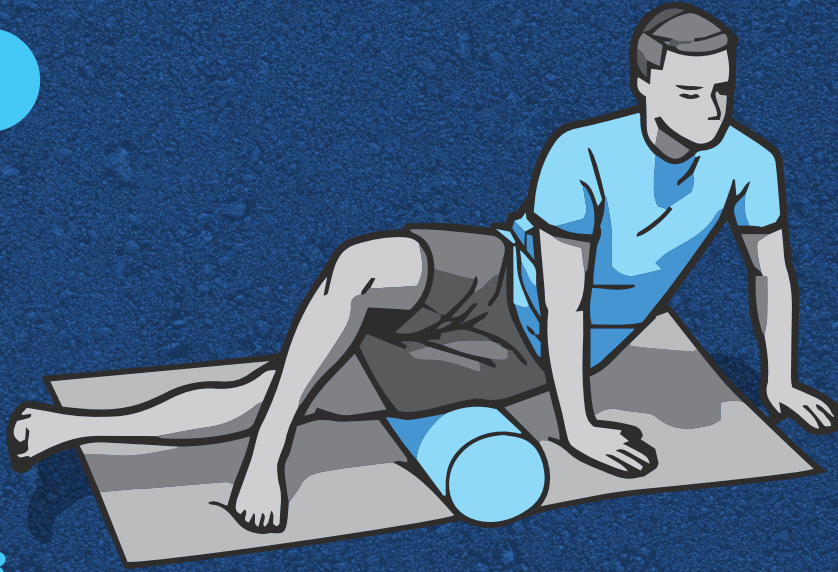


1



## ITB

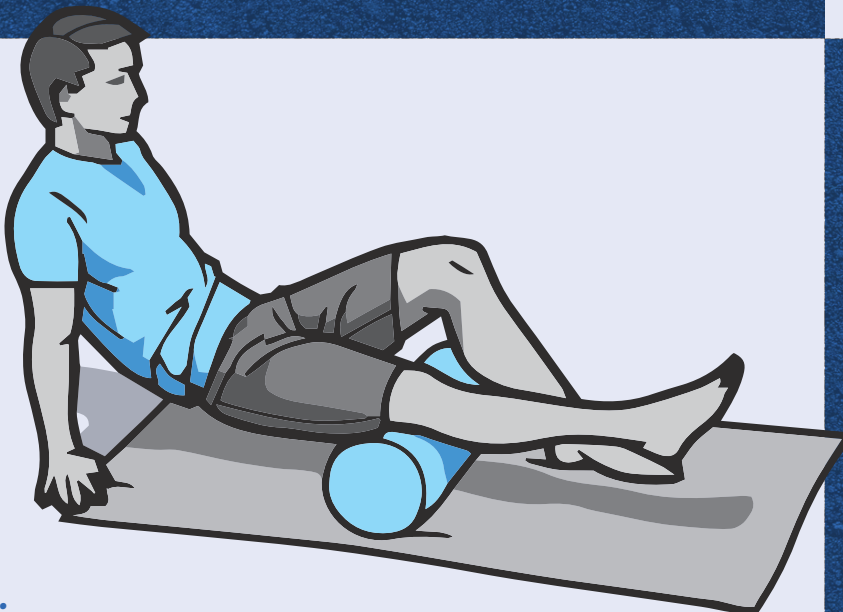
- ▶ Lie on your right side with your outer thigh on the foam roller, and right forearm propping up the torso.
- ▶ Roll between the knee and the hip bone, taking extra time on points of tension. If this is too uncomfortable, place the top foot on the ground to decrease the weight on the roller.
- ▶ Continue for 30-60 seconds and swap sides.

2

## Lats

- ▶ Begin lying on your left side with the roller under your armpit and the left arm extended flat on the floor.
- ▶ Place your right arm in front of you for balance, and begin rolling out your lats.
- ▶ Roll for 30-60 seconds and swap sides.

3



## Hamstrings

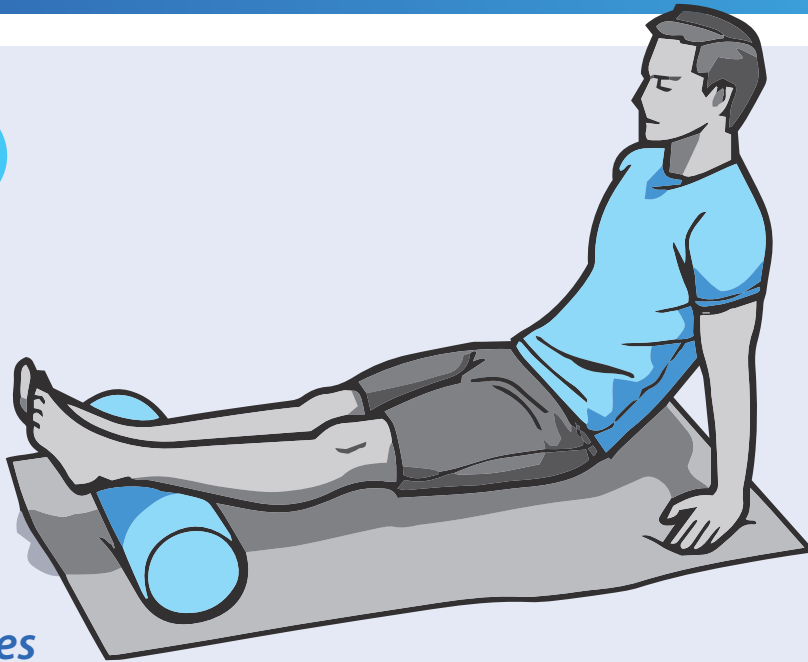
- ▶ Begin in a seated position with both thighs on the roller, and your hands propping you up by your side and slightly behind you.
- ▶ Roll out the hamstrings down to the knee and back, increasing pressure if required by lifting one thigh off the roller at a time.
- ▶ Continue for 30-60 seconds on each hammie.

4

## Chest

- ▶ Begin laying facedown with the roller under the left side of your chest.
- ▶ Roll across the left pectoral muscle, taking extra time on points of tension.
- ▶ Roll for 30-60 seconds and repeat on the other side.

5



## Calves

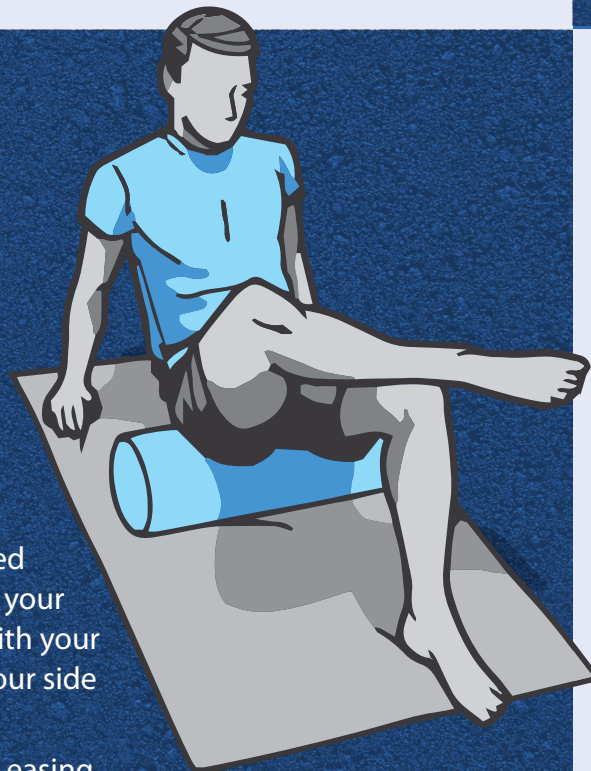
- ▶ Sit with your legs extended, left ankle on the roller with your hands propping you up by your side and slightly behind you.
- ▶ Cross your right ankle over your left, and roll the body back and forth, ensuring you roll the entire length of the calf – both inside and out.
- ▶ Roll for 30-60 seconds and then swap sides.

6

## Quads

- ▶ Start facedown on the floor and place the roller under your hips. First, lean on your right quad.
- ▶ Roll up and down between your hip and knee for 30-60 seconds.
- ▶ Switch legs, spending extra time on points of tension or knots.

7



## Glutes

- ▶ Sit with the right ankle crossed over the left thigh, and place your left foot firmly on the floor with your hands propping you up by your side and slightly behind you.
- ▶ Roll the body back and forth, easing the tension in each part of the glute.
- ▶ Roll for 30-60 seconds on each side, applying extra pressure on any points of tension.

8

## Back

- ▶ Lay on your back with the roller under your shoulder blades and your knees bent, and cross your arms across your chest.
- ▶ raise your hips off the floor, ensuring your head and neck are kept in a neutral position.
- ▶ Roll for 30-60 seconds until released.