

Foam Rolling

- 1. Periformis with foam roller stretch**
(roll each side for 2 minutes)



- 2. Quad foam roller stretch**
(roll each quad for 2 minutes)



- 3. Hamstring foam roller stretch — beginner**
(double leg roll; roll both legs for 2 minutes)



- 4. Hamstring foam roller stretch — advanced**
(single leg roll; roll each leg for 2 minutes)



5. Calf foam roller stretch — beginner
(double calf roll; roll both calves for 2 minutes)



6. Calf foam roller stretch — advanced
(single calf roll; roll each calf for 2 minutes)



7. Pec stretch with foam roller
(perform 3 sets x 1 minute each)



8. Thoracic stretch with foam roller
(perform 3 sets x 1 minute each)

