



FOAM ROLLING & MOBILITY



Lay on your side, with the bottom leg placed onto a foam roller between the hip and the knee. The other leg can be crossed in front of you.

Place as much of your weight as is tolerable onto your bottom leg; there is no need to keep your bottom leg in contact with the ground. Be sure to relax the muscles of the leg you are stretching.

Roll your leg over the foam from your hip to your knee, pausing for 10-30 seconds at points of tension. Repeat with the opposite leg. **(Then rolling onto your front working through the quads, both legs at the same time)**



Sit with your buttocks on top of a foam roll. Bend your knees, and then cross one leg so that the ankle is over the knee. This will be your starting position.

Shift your weight to the side of the crossed leg, rolling over the buttocks until you feel tension in your upper glute. You may assist the stretch by using one hand to pull the bent knee towards your chest. Hold this position for 10-30 seconds, and then switch sides.



Lay on your side, supporting your weight on your forearm and on a foam roller placed on the outside of your lower leg. Your upper leg can either be on top of your lower leg, or you can cross it in front of you. This will be your starting position.

Raise your hips off of the ground and begin to roll from below the knee to above the ankle on the side of your leg, pausing at points of tension for 10-30 seconds. Repeat on the other leg.



Begin seated on the floor. Place a foam roller underneath your lower leg. Your other leg can either be crossed over the opposite or be placed on the floor, supporting some of your weight. This will be your starting position.

Place your hands to your side or just behind you, and press down to raise your hips off of the floor, placing much of your weight against your calf muscle. Roll from below the knee to above the ankle, pausing at points of tension for 10-30 seconds. Repeat for the other leg.



Lay down with your back on the floor. Place a foam roll underneath your upper back, and cross your arms in front of you, protracting your shoulders. This will be your starting position.

Raise your hips off of the ground, placing your weight onto the foam roll. Shift your weight to one side at a time, rolling over your middle and upper back. Pause at points of tension for 10-30 seconds.



Lie on your side, with your upper arm against the foam roller. The upper arm should be more or less aligned with your body, with the outside of the bicep pressed against the foam roller.

Raise your hips off of the floor, supporting your weight on your arm and on your feet. Hold for 10-30 seconds, and then switch sides.



In a seated position, place a foam roll under your lower back. Cross your arms in front of you and protract your shoulders. This will be your starting position.

Raise your hips off of the floor and lean back, keeping your weight on your lower back. Now shift your weight slightly to one side, keeping your weight off of the spine and on the muscles to the side of it. Roll over your lower back, holding points of tension for 10-30 seconds. Repeat on the other side.