



LAKE WORTH



Foam Rolling Guides

Calves:

LOWER BACK LEG ROLL

BODY ZONE: LOWER LEG
WHAT IT WORKS: CALVES

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Position the roller under the lower portion of the leg. Support yourself with both arms while keeping the other leg flexed.



Flex the foot and use both the arms and the supportive leg to gently roll backwards and forwards 10-15 cm. Placing the other leg over the working leg, will help increase the pressure and the effect.

LOWER BACK LEG HOLD AND STRETCH

BODY ZONE: LOWER LEG
WHAT IT WORKS: CALVES

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Position the roller under the lower portion of the leg. Support yourself with both arms while keeping the other leg flexed.



Use the arms to support the upper body in a stable position. Point the foot away, follow by flexing the foot. Point and flex foot repeatedly as suggested. Placing the other leg over the working leg, will help increase the pressure and the effect.

LOWER BACK LEG CROSS FRICTION

BODY ZONE: LOWER LEG
WHAT IT WORKS: CALVES

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Position the roller under the lower portion of the leg. Support yourself with both arms while keeping the other leg flexed.



Use the arms to support the upper body in a stable position. Flex the foot and rotate the lower leg on the roller in a inward and outward motion. Placing the other leg over the working leg, will help increase the pressure and the effect.

LOWER FRONT LEG ROLL

BODY ZONE: LOWER LEG
WHAT IT WORKS: SHIN, TIBIALIS ANTERIOR
FOAM ROLLER: MINI, SMALL, MEDIUM, LONG,



Position the roller under the lower portion of the leg. Support yourself with both arms and the opposite leg.



Point the foot and use both the arms and the supportive leg to gently roll backwards and forwards 10-15 cm.

T-Spine and Lats:

T-SPINE ROLL

BODY ZONE: UPPER BODY

WHAT IT WORKS: THORACIC SPINE

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Lay on your back with your knees bent, cradling your head in your hands, with the foam roller across your shoulder blades.



Lift your hips up off the floor and use your legs to roll your body up and down on the foam roller, 10-15 cm upwards and downwards. Aim to relax your upper body and let your spine fold backwards.

T-SPINE HOLD AND STRETCH

BODY ZONE: UPPER BODY

WHAT IT WORKS: THORACIC SPINE

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Lay on your back with your knees bent, placing your hands behind the back of the head, with the foam roller just below your shoulder blades. Keep your hips on the floor with your feet hip width apart. Slowly begin to fold backwards.



Keep your hips on the floor, supporting your head. Begin gently to bend backwards over the roller. Stopping at a point where it feels comfortable. Return back to the starting position and repeat.

T-SPINE CROSS FRICTION

BODY ZONE: UPPER BODY

WHAT IT WORKS: THORACIC SPINE

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



SIDE BACK ROLL

BODY ZONE: UPPER BODY

WHAT IT WORKS: LATS, SHOULDER

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Shoulder and Lats:

SIDE BACK HOLD AND STRETCH

BODY ZONE: UPPER BODY

WHAT IT WORKS: LATS, SHOULDER

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Lay on your side with the legs in a bent position that feels comfortable. Place the foam roller perpendicular to your body, under the middle to upper part of your side back.



Lengthen the arm with the palm facing upwards. Slowly pull the arm down towards your chest bending at the elbow. Lengthen the arm and repeat.

FRONT SHOULDER ROLL

BODY ZONE: UPPER BODY

WHAT IT WORKS: PEC, DELTOIDS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Place the foam roller under the upper chest where it meets the shoulder, while using the other arm for support.



Find a comfortable position for your lower body and push the roller a few centimeter forward and backward with your upper body.

LATERAL LONG ROLL

BODY ZONE: UPPER BODY

WHAT IT WORKS: ERECTOR SPINE

FOAM ROLLER: LONG



FRONT SHOULDER HOLD AND STRETCH

BODY ZONE: UPPER BODY

WHAT IT WORKS: PEC, DELTOIDS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Quads and Hamstrings:

BACK LEG ROLL

BODY ZONE: LOWER BODY

WHAT IT WORKS: HAMSTRINGS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Position the roller under the upper thigh, close to the backside of the hip on one leg. Support yourself with both arms while keeping the other leg flexed.



Flex the foot and use both the arms and the supportive leg to gently roll backwards and forwards 15-20 cm. Placing the other leg over the working leg, will help increase the pressure and the effect.

FRONT LEG CROSS FRICTION

BODY ZONE: LOWER LEG

WHAT IT WORKS: QUADRICEPS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Place the roller above the knee while supporting the body with flexed arms. Keep the upper body stable through your arms. Gently move the thigh in a side ways motion across the roller. Work in a range of 5-10 cm in each direction.

FRONT LEG ROLL

BODY ZONE: LOWER LEG

WHAT IT WORKS: QUADRICEPS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



FRONT LEG HOLD AND STRETCH

BODY ZONE: LOWER LEG

WHAT IT WORKS: QUADRICEPS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Hips:

FRONT HIP ROLL

BODY ZONE: HIPS

WHAT IT WORKS: HIP FLEXORS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Place the roller under frontal portion of your hip, while supporting the arm body with flexed arms.



Use the upper body to roll backward and forward 10-15 cm across the front of the hip.

FRONT HIP HOLD AND STRETCH

BODY ZONE: HIPS

WHAT IT WORKS: HIP FLEXORS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



Place the roller under frontal portion of your hip, while supporting the upper body with flexed arms. Flex the knee and position the working leg a 90 degree angle.



Keep the upper body stable with your arms, gently move the leg in a rotational motion across the roller. Work inwards and outwards with control, stopping at the end movement.

FRONT HIP CROSS FRICTION

BODY ZONE: HIPS

WHAT IT WORKS: HIP FLEXORS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



BACK HIP ROLL

BODY ZONE: HIPS

WHAT IT WORKS: HIP ROTATORS

FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL

