

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 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 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 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

### **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, 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 CROSS FRICTION**

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.

## SIDE BACK ROLL

BODY ZONE: UPPER BODY WHAT IT WORKS: LATS, SHOULDER FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL



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.



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.



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

FRONT SHOULDER ROLL

WHAT IT WORKS: PEC, DELTOIDS

BODY ZONE: UPPER BODY

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

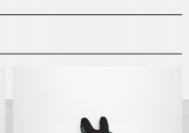


Find a comfortable position for your lower body and push the roller a few centimeter foward and backward with your upper body.

## LATERAL LONG ROLL

BODY ZONE: UPPER BODY WHAT IT WORKS: ERRECTOR 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

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





support.

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 ROLL

BODY ZONE: LOWER LEG WHAT IT WORKS: QUADRICEPS FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL

# 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. Gentley move the thigh in a side ways motion arcoss the roller. Work in a range of 5-10 cm in each direction.

## 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

## 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 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 CROSS FRICTION

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.

## BACK HIP ROLL

BODY ZONE: HIPS WHAT IT WORKS: HIP ROTATORS FOAM ROLLER: MINI, SMALL, MEDIUM, LONG, TUBE ROLL







Keep the upper body stable with your arms, gentley move the leg in a rotational motion across the roller.

Work inwards and outwards with control, stopping at

the end movement.