



Foam Roller 1

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BRONWEN SCHOLTZ

Calves Myofascial



- Sit with roller under your ankles with your legs straight and your hands on the mat behind your buttocks.
- 1 - Raise your hips off the floor and one ankle off the roller, supporting your bodyweight on your hands.
- 2 - Roll up and down your calf from ankle to knee, pushing your body away with your hands.
- Complete all reps on one side before switching to the other side.

Adductors Myofascial



- 1 - Lie face down with one leg bent at the knee 90 degrees and the roller under your inner thigh
- 2 - Roll back and forth along your inner thigh from your inside hip to knee and back.
- Complete all reps on one side before switching to the other side.

Anterior Tibials Myofascial



- Kneel on all fours with the roller under one ankle
- 1 - Raise both knees off the mat, bringing one into your chest, supporting your bodyweight on your hands and the ankle on the roller,
- 2 - Push back, rolling up from your ankle to your knee, straightening your leg
- Roll back down the shin, keeping the other leg raised throughout.
- Complete all reps on one side before switching to the other side.

Back Myofascial



- 1 - Lie on your back with a roller lengthwise along your spine, feet flat, knees bent and arms by your sides.
- 2 - Roll from side to side across your back, keeping your feet flat.

Hamstrings Myofascial



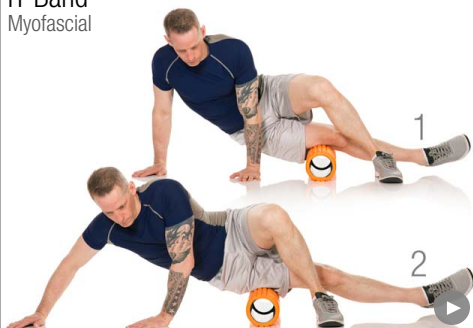
- 1 - Sit with a roller under the top of your hamstrings with your legs straight, your feet off the floor and your hands behind your buttocks about 2 feet.
- 2 - Pull your body towards your hands, rolling down along the hamstrings to the back of your knees.
- Push your body back away from your hands rolling up from your knees to your buttocks.

Glutes Myofascial



- 1 - Sit upright on roller with legs straight out in front and your hands on the mat behind your back.
- 2 - Roll back and forth over your buttocks from the top of your hamstrings to your lower back.
- Bend and straighten your legs as you roll back and forth.

IT Band Myofascial



- 1 - Lie on your side with the roller under your hip with your leg straight and the other foot and your hands on the floor.
- 2 - Pull your body toward your hands, rolling down along the side of your thigh.
- Push away, rolling back up the side of your thigh.
- Complete all reps on one side before switching to the other side.

Lower Back Myofascial



- 1 - Lie on a roller in your mid-back with hands on the floor behind, your feet flat and knees bent.
- 2 - Push away, rolling down from your mid-back to your buttocks, straightening your legs.
- Then pull back rolling up from your buttocks to your mid-back.

Lats Myofascial



- 1 - Sit, leaning to one side with a roller under the side of your rib cage resting on your forearm with your elbow bent.
- 2 - Roll upward toward your armpit, straightening your arm.
- Roll back down from your armpit to your rib cage, bending your elbow.
- Complete all reps on one side before switching to the other side.