

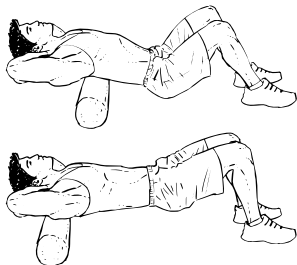
Basic Foam-Rolling

1 min · Chest, Legs



Coachme .

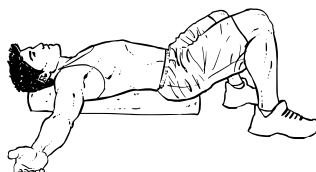
Foam Roller Upper Back Stretch



1 sets

Depending on level of soreness/tightness, foam-roll accordingly.

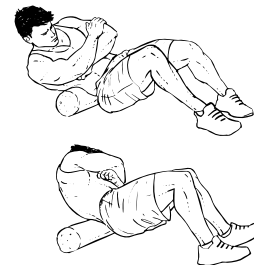
Foam Roller Chest Opener Stretch



1 sets

Sustain stretch/position until muscle tension releases.

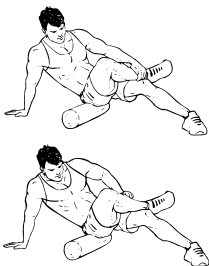
Foam Roller Lower Back Stretch



1 sets

Depending on level of soreness/tightness, foam-roll accordingly.

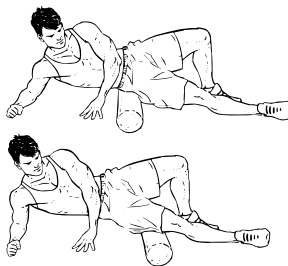
Foam Roller Glutes Stretch



1 sets

Depending on level of soreness/tightness, foam-roll accordingly.

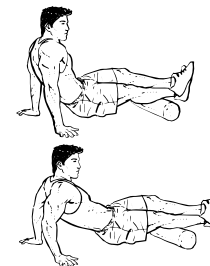
Foam Roller Outer Thighs Stretch



1 sets

Depending on level of soreness/tightness, foam-roll accordingly.

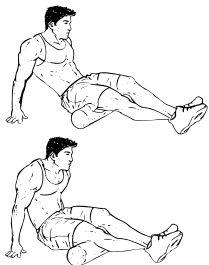
Foam Roller Calf Stretch



1 sets

Depending on level of soreness/tightness, foam-roll accordingly.

Foam Roller Hamstring Stretch



1 sets

Depending on level of soreness/tightness, foam-roll accordingly.

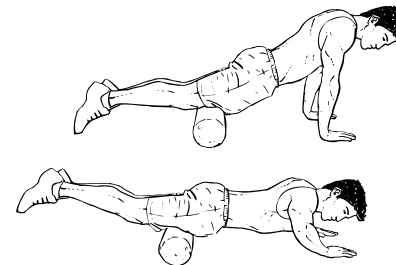
Foam Roller Inner Thigh Adductor Stretch



1 sets

Depending on level of soreness/tightness, foam-roll accordingly.

Foam Roller Quadriceps Stretch



1 sets

Depending on level of soreness/tightness, foam-roll accordingly.



Fit

Foam Roller Upper Back Stretch

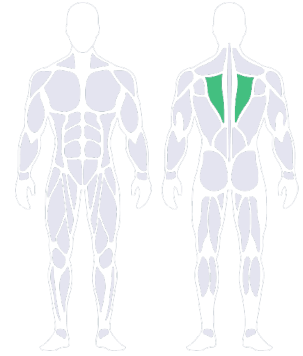
Primary muscle group(s):

Upper Back & Lower Traps

Sit on the ground and place a foam roller directly behind your lower back. Bend your knees and place your arms across your chest. Bring your feet to hip-width and allow them to support you as you carefully lean back and on to the foam roller.

Move your body down on the foam roller until it reaches your upper back. Brace your core and begin by slowly rolling your body up 2 to 3 inches.

Pause and slowly roll the opposite way. Be sure to roll out at different levels on your upper back.



Foam Roller Chest Opener Stretch

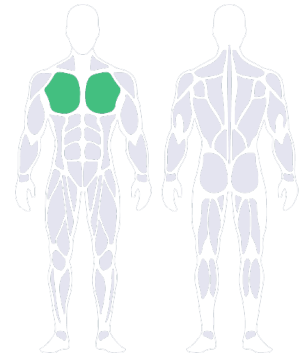
Primary muscle group(s):

Chest

Place a foam roller on a padded surface. Sit in front of the roller with your back to it. Carefully position yourself at the bottom of the foam roller and slowly lie back.

Once your spine has been laid out the length of the roller, bring your feet in towards the bottom.

Extend your arms to the sides. You will feel your chest open and stretch. If you feel comfortable enough, move the foam roller under you slowly from side to side.



Foam Roller Lower Back Stretch

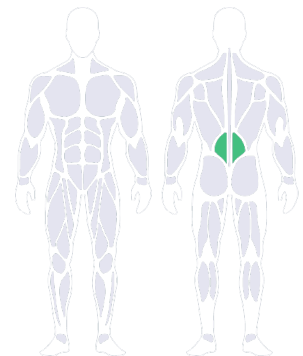
Primary muscle group(s):

Lower Back

Sit on the ground and place a foam roller directly behind your lower back. Bend your knees and place your arms across your chest. As your feet support you, carefully lean back and on to the foam roller.

Turn slightly towards the right. Slowly roll your body down towards the ground for 2 to 3 inches.

Pause at the bottom and roll back up. Continue this back and forth motion at a slow and controlled pace. Repeat on the other side.



Foam Roller Glutes / Butt Stretch

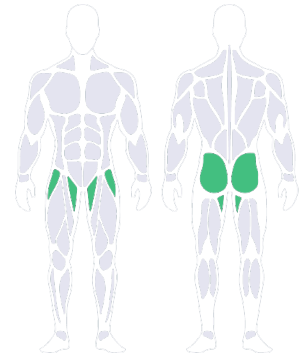
Primary muscle group(s):

Glutes & Hip Flexors

Sit on top of a foam roller. Place your left foot on top of your right knee and hold it in place with your right hand. Support yourself by placing your left hand behind you.

Begin the movement by slowly rolling yourself forward 2 to 3 inches. You'll feel the stretch in your glutes.

Reverse the movement and continue the back and forth motion. When finished, repeat on the other side.



Foam Roller Outer Thighs Stretch

Primary muscle group(s):

Glutes & Hip Flexors

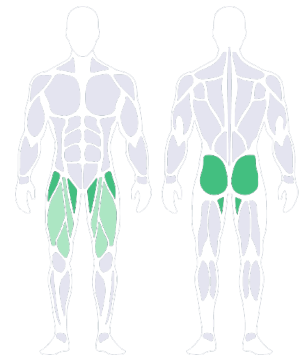
Secondary:

Quadriceps

Place a foam roller on the ground and lay on top of it sideways at hip level. Begin with your right side. Make sure that the foam roller is supporting your hips. Brace your upper body with your elbow while you keep your lower body balanced with your feet.

Begin with the lower part of the hip (bottom of the buttocks). Roll your body down 2 to 3 inches. Pause to feel the pressure on the TFL band.

Slowly reverse the movement. Repeat on the other side.



Foam Roller Calf / Calves Stretch

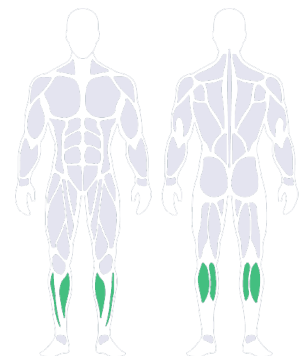
Primary muscle group(s):

Calves

Sit on the ground and position a foam roller underneath your calves. Make sure that you begin towards the top of the muscle, near the knee.

Place your hands behind you and lift yourself off the ground.

Slowly move yourself forward allowing your calves to roll 2 to 3 inches on the foam roller. Pause then roll the other way. Continue the back and forth motion. For a deeper stretch, try stacking one leg over the other.



Foam Roller Hamstring Stretch

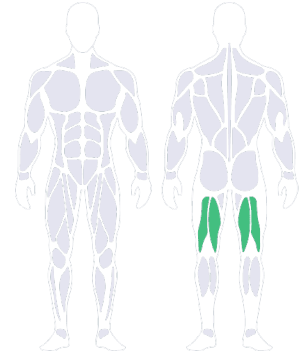
Primary muscle group(s):

Hamstrings

Sit on the ground and position a foam roller underneath your hamstrings (back part of the thigh). Make sure that you begin towards the bottom of the muscle, near the knee.

Place your hands behind you and lift yourself off the ground.

Slowly move yourself forward allowing your hamstrings to roll 2 to 3 inches on the foam roller. Pause then roll the other way. Continue the back and forth motion. For a deeper stretch, try stacking one leg over the other.



Foam Roller Inner Thigh Adductor / Adduction Stretch

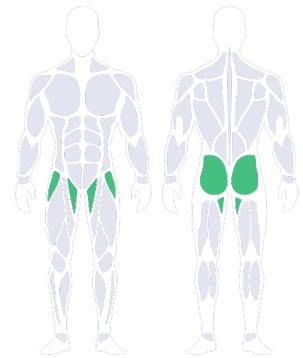
Primary muscle group(s):

Glutes & Hip Flexors

Lying on the ground face down, place a foam roller next to your right leg. Bend your right knee and lift it up towards your shoulder so that it forms a 90 degree angle. Position your right inner thigh on top of the foam roller. Extend your left leg straight back.

Move your forearms beneath your shoulders. Elevate yourself while maintaining a tight core.

Using your hips, move your right thigh across the foam roller. Only move one to two inches at a time back and forth. When finished with one section, reposition the foam roller. Roll out the entire inner thigh then switch sides.



Foam Roller Quadriceps Stretch

Primary muscle group(s):

Quadriceps

Place a foam roller on the ground and lay on top of it so that the foam roller is supporting your quadriceps (upper part of the leg). Brace your upper body with your elbows.

Make sure that the foam roller is positioned near the bottom of the muscle towards the knees but NOT on the knee. You will work your way up towards your hips from here.

Slowly move yourself forward allowing your quadriceps to roll 2 to 3 inches on the foam roller. Pause then roll the other way. Continue the back and forth motion. For a deeper stretch, try stacking one leg over the other.

