



flexible foam rolling

01. calf muscle



Place the heel of your foot on the roller. Roll up the leg from the heel to the knee. When you reach the knee, roll down the leg to the heel. Repeat this motion 10-15 times. Progress to the other leg after 3-5 minutes. Repeat on opposite leg.

02. peroneals



Place the heel of your foot on the roller. Roll up the leg from the heel to the knee. When you reach the knee, roll down the leg to the heel. Repeat this motion 10-15 times. Progress to the other leg after 3-5 minutes. Repeat on opposite leg.

03. adductors



Place the heel of your foot on the roller. Roll up the leg from the heel to the knee. When you reach the knee, roll down the leg to the heel. Repeat this motion 10-15 times. Progress to the other leg after 3-5 minutes. Repeat on opposite leg.

04. it-band



Place the heel of your foot on the roller. Roll up the leg from the heel to the knee. When you reach the knee, roll down the leg to the heel. Repeat this motion 10-15 times. Progress to the other leg after 3-5 minutes. Repeat on opposite leg.

05. piriformis



Place the heel of your foot on the roller. Roll up the leg from the heel to the knee. When you reach the knee, roll down the leg to the heel. Repeat this motion 10-15 times. Progress to the other leg after 3-5 minutes. Repeat on opposite leg.

06. rectus femoris



Place the heel of your foot on the roller. Roll up the leg from the heel to the knee. When you reach the knee, roll down the leg to the heel. Repeat this motion 10-15 times. Progress to the other leg after 3-5 minutes. Repeat on opposite leg.

07. latissimus dorsi



Place the heel of your foot on the roller. Roll up the leg from the heel to the knee. When you reach the knee, roll down the leg to the heel. Repeat this motion 10-15 times. Progress to the other leg after 3-5 minutes. Repeat on opposite leg.

08. hamstrings



Place the heel of your foot on the roller. Roll up the leg from the heel to the knee. When you reach the knee, roll down the leg to the heel. Repeat this motion 10-15 times. Progress to the other leg after 3-5 minutes. Repeat on opposite leg.

09. thoracic spine



Place the heel of your foot on the roller. Roll up the leg from the heel to the knee. When you reach the knee, roll down the leg to the heel. Repeat this motion 10-15 times. Progress to the other leg after 3-5 minutes. Repeat on opposite leg.