

7 Easy Ways to Self-Massage with a Foam Roller

How to

Roll each area up & down until you find a tender spot. Hold the spot for 30 seconds or longer to loosen any tight muscles.

Calves



Hamstrings -back of your legs



Glutes - work on one glute at a time



IT Band - out side of your thigh



Quads -front of your thigh.



Adductor - muscles of the inner thigh



Thoracic Spine - open up your arms

