

Calf Mobilization with Foam Roll

SETS: 1

**DURATION
(SECONDS): 30**



Setup

Begin sitting upright with one leg bent, your other leg straight, and a foam roller under your calf.

Movement

Push yourself off the ground with your arms and slowly roll your calf back and forth over the foam roller.

Tip

Make sure to keep your movements slow and controlled.

Hamstring Mobilization with Foam Roll

SETS: 1

**DURATION
(SECONDS): 30**



Setup

Begin sitting upright with one leg bent, your other leg straight, and a foam roller under your thigh.

Movement

Push yourself off the ground with your arms and slowly roll your thigh back and forth over the foam roller.

Tip

Make sure to keep your movements slow and controlled.

Gluteus Mobilization with Foam Roll

SETS: 1

**DURATION
(SECONDS): 60**



Setup

Begin sitting on a foam roller.

Movement

Lean back and slightly toward one side, using your arms for stabilization, then roll yourself back and forth over the foam roller.

Tip

Make sure to keep your movements slow and controlled.

Sidelying IT Band Foam Roll Mobilization

SETS: 1

**DURATION
(SECONDS): 30**

1



2



Setup

Begin lying on your side with your hip resting on a foam roll, your upper leg crossed in front of the other, and that foot resting on the ground.

Movement

Slowly roll the side of your leg up and down the foam roll. Don't roll past your knee.

Tip

Make sure to keep your back straight throughout the exercise.

Quadriceps Mobilization with Foam Roll

SETS: 1

**DURATION
(SECONDS): 30**



Setup

Begin by lying on your stomach with a foam roller under your upper thigh. Your elbows should be supporting your body, and your other leg can be resting on the ground.

Movement

Now very slowly roll your leg back and forth over the foam roller.

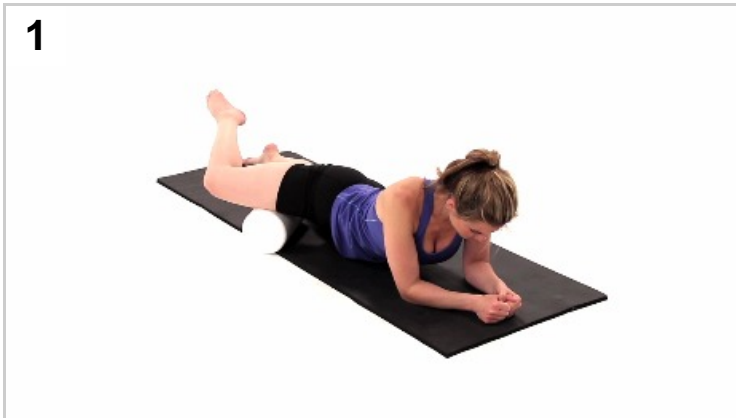
Tip

Make sure to keep your back straight during the exercise.

Adductor Mobilization with Foam Roll

SETS: 1

**DURATION
(SECONDS): 30**



Setup

Begin lying face down on your elbows, with one leg straight and a foam roller resting under the inside of your other thigh.

Movement

Roll your inner thigh back and forth on the foam roller, using your arms for support.

Tip

Make sure to keep your movements slow and controlled.

Latissimus Mobilization on Foam Roll

SETS: 1

**DURATION
(SECONDS): 30**

1



2



Setup

Begin on your side with your bottom arm straight and a wrapped foam roller resting under the side of your ribcage.

Movement

Gently roll the side of your body over the foam roll.

Tip

You can adjust the pressure by changing how much of your body weight is resting on the roll.

Thoracic Mobilization with Hands Behind Head on Foam Roll

SETS: 1

**DURATION
(SECONDS): 30**

1



2



Setup

Begin lying on your back with your knees bent, resting your mid back on a foam roll with your hands behind your head.

Movement

Slowly roll back and forth over the foam roller.

Tip

Make sure to use your hands to only support your head and do not let your low back arch during the exercise.

Supine Static Chest Stretch on Foam Roll

SETS: 1

**DURATION
(SECONDS): 90**



Setup

Begin lying on your back with your knees bent and a foam roll positioned vertically along the middle of your back.

Movement

Lay your arms directly out to your sides with your arms resting on the floor. Hold this position. You should feel a stretch in your chest.

Tip

Make sure your back is laying flat against the foam roll during the exercise.