

Calf Mobilization with Foam Roll

SETS: 1	DURATION (SECONDS): 30	DAILY: 1	WEEKLY: 7
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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**

DAILY: 1

WEEKLY: 7



Setup

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

Movement

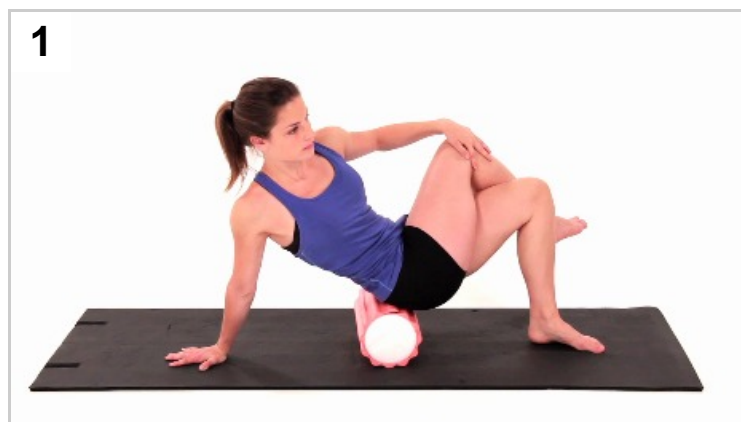
Push yourself off the ground with your arms and slowly roll your thigh back and forth over the foam roller.

Tip

Make sure to keep your movements slow and controlled.

Piriformis Mobilization on Foam Roll

SETS: 1	DURATION (SECONDS): 30	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting on a wrapped foam roll with one leg crossed over the other, pulling it toward you with one hand, and your other hand on the ground.

Movement

Tilt toward the side of your crossed leg and gently roll your bottom back and forth over the roll.

Tip

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

Sidelying IT Band Foam Roll Mobilization

SETS: 1

**DURATION
(SECONDS): 30**

DAILY: 1

WEEKLY: 7

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	DAILY: 1	WEEKLY: 7
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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.