



**Foam Roll Hamstrings**

Begin with the foam roller at the top of the hamstrings, keeping the feet off of the floor. Use arms to roll down the hamstrings to behind the knee. Roll back and repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Foam Roll Glutes**

Begin sitting with the foam roller at the top of the glutes. Use legs to push up and roll to the bottom of the glutes. Roll back and repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Foam Roll IT band**

Begin lying on side with foam roller at the top of the hip. Keeping the leg being rolled off of the floor, use other leg and arm to roll down the leg to just before the knee. Roll back to the top of the hip. Repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Foam Roll Low Back**

Begin sitting on foam roller with roller just at the top of the glutes. Use legs and arms to roll up to the mid-back. Roll back and repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Thoracic stretch**

Begin lying on the foam roller with roller in the small of the back. Use legs to roll up the mid-back to the top of the traps. Roll back and repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



**Foam roller thoracic mobility**

Place foam roller horizontally on the floor. With knees bent and your hands clasped behind your head, lay back over the roller. Lay your mid back over the foam roller and then roll your spine back and forth slowly by flexing and extending your knees. Keep a neutral spine and keep low back down as you extend over the roller. Your head should almost touch the floor.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



**Foam Roll QL**

Begin side lying on a foam roller with roller just above the top of the hip. Use arm and leg to roll up the side to just below the ribs. Roll back. Repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



**Foam Roll Gastroc/Soleus**

Begin with foam roller behind the knee with one leg crossed over the other. Using arms to support the body, roll down to the ankle and back. Repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

**Foam Roller Abductor**

place roller under groin area and move from side to side

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

**Foam Roller Lat**

lying on your side place roller under you  
tip back slightly so you can really focus on lats  
use legs to move up and down

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

**Quad roll**

Place roller just above knees and roll up to hips then  
repeat. Tipping onto one side will focus on that side.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

**Psoas roll**

place roller just below hip bone and roll up onto your belly  
and back

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31