

FOAM ROLLER

Workout Guide



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Calf Muscles

1



Peroneals

2



Hamstrings

3



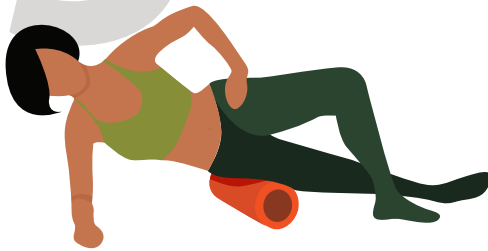
Piriformis

4



It-Band

5



Rectus Femoris

6



Adductors

7



Latisimuss Dorsi

8



Thoracic Spine

9

