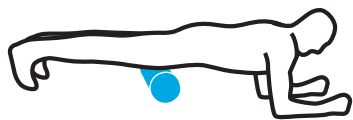
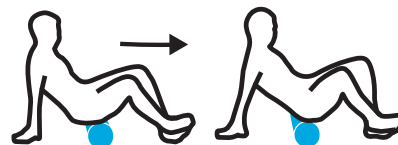


FOAM ROLLER



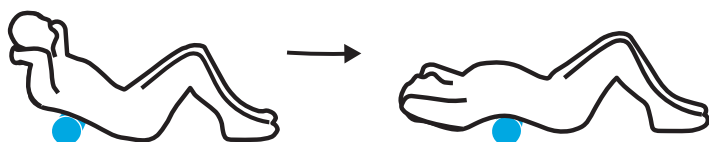
QUAD

Lying on your front with your arms planted in front of you. place the foam roller beneath one of your quads and roll up and down, massaging the whole surface.



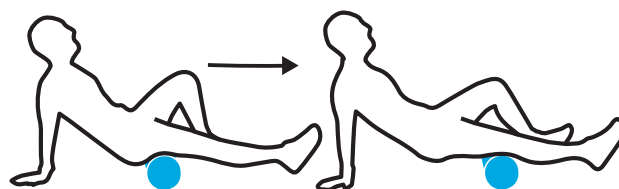
GLUTES

Sit on top of the foam roller with one leg crossed over the other. Roll down a few inches and then work your way back up.



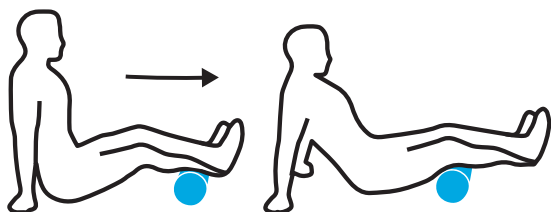
BACK

Place the foam roller underneath the middle of your back. Gently support your neck with your hands on lift your hips off the floor, pull your body down the foam roller until you reach the upper shoulders.



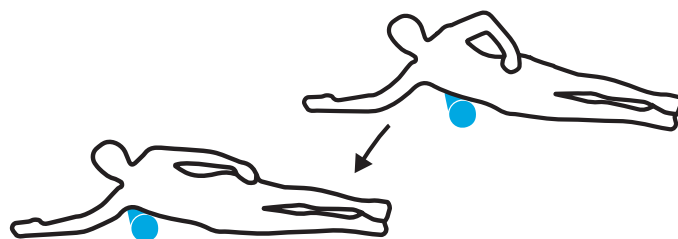
HAMSTRING

Whilst seated with your arms planted directly below your shoulders, place the foam roller right at the top of your hamstring (slightly below your glutes) and roll backwards until the foam roller reaches below your knees. Repeat this motion several times.



CALF

Whilst seated with your arms planted directly below your shoulders. place the foam roller underneath your calf and roll up and down using your arms for leverage.



LATISSIMUS DORSI (LATS)

Lie on your right side with your right arm extended. Place the roller underneath your extended arm and roll across the foam roller until it is just above our waist. Repeat this motion and then complete on your left side.

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