



## Recovery

Equipment: Foam Roller

### Adductors Myofascial



- 1 - Lie face down with one leg bent at the knee 90 degrees and the roller under your inner thigh
  - 2 - Roll back and forth along your inner thigh from your inside hip to knee and back.
- Complete all reps on one side before switching to the other side.

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### Anterior Tibialis Myofascial



- Kneel on all fours with the roller under one ankle
- 1 - Raise both knees off the mat, bringing one into your chest, supporting your bodyweight on your hands and the ankle on the roller,
  - 2 - Push back, rolling up from your ankle to your knee, straightening your leg
- Roll back down the shin, keeping the other leg raised throughout.
  - Complete all reps on one side before switching to the other side.

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### Anterior Tibialis Myofascial



- 1 - Kneel on all fours with the roller under one ankle.
  - 2 - Raise the knee of the leg on the roller and push back, rolling up from your ankle to your knee, straightening your leg.
- Roll back down the shin, keeping the knee raised throughout.
  - Complete all reps on one side before switching to the other side.

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### Back Myofascial



- 1 - Lie on your back with a roller lengthwise along your spine, feet flat, knees bent and arms by your sides.
- 2 - Roll from side to side across your back, keeping your feet flat.

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### Calves Myofascial



- Sit with roller under your ankles with your legs straight and your hands on the mat behind your buttocks.
- 1 - Raise your hips off the floor and one ankle off the roller, supporting your bodyweight on your hands.
  - 2 - Roll up and down your calf from ankle to knee, pushing your body away with your hands.
- Complete all reps on one side before switching to the other side.

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## Chest

Myofascial



- 1 - Lie face down with a roller under your upper chest and your arms stretched overhead.
  - 2 - Pull your body toward your forearms, rolling down from your upper chest to your mid-abdomen supporting your weight on your toes and forearms.
- Push away rolling back from your mid-abdomen to your upper chest.

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## Glutes

Myofascial



- 1 - Sit upright on roller with legs straight out in front and your hands on the mat behind your back.
  - 2 - Roll back and forth over your buttocks from the top of your hamstrings to your lower back.
- Bend and straighten your legs as you roll back and forth.

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## Hamstrings

Myofascial



- 1 - Sit with a roller under the top of your hamstrings with your legs straight, your feet off the floor and your hands behind your buttocks about 2 feet.
  - 2 - Pull your body towards your hands, rolling down along the hamstrings to the back of your knees.
- Push your body back away from your hands rolling up from your knees to your buttocks.

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## IT Band

Myofascial



- 1 - Lie on your side with the roller under your hip, resting on your forearm and hand with your feet off the floor.
  - 2 - Pull your body toward your forearm, rolling down along the side of your thigh from your hip to the top of your knee.
- Push away rolling back up the side of your thigh from your knee to your hip.
  - Complete all reps on one side before switching to the other side.

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## Lats

Myofascial



- 1 - Sit, leaning to one side with a roller under the side of your rib cage resting on your forearm with your elbow bent.
  - 2 - Roll upward toward your armpit, straightening your arm.
- Roll back down from your armpit to your rib cage, bending your elbow.
  - Complete all reps on one side before switching to the other side.

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## Lower Back

Myofascial



- 1 - Lie on a roller in your mid-back with hands on the floor behind, your feet flat and knees bent.
  - 2 - Push away, rolling down from your mid-back to your buttocks, straightening your legs.
- Then pull back rolling up from your buttocks to your mid-back.

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## Peroneus Myofascial



- 1 - Lie on your side with a roller under the side of your bottom shin, hips on the mat and resting on your forearm.
  - 2 - Pull your body toward your forearm, raising your hips and roll down the side of your shin from your knee to your ankle.
- Push away, rolling back up the side of your shin to your knee.
  - Complete all reps on one side before switching to the other side.

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## Piriformis Myofascial



- 1 - Sit upright on a roller leaning to one side with this leg bent and the ankle on your other knee.
  - 2 - Push your body away, bending your elbow and rolling over the side of your buttocks.
- Support your bodyweight on one hand on the mat behind with your arm straight.
  - Pull back, straightening your arm and rolling back over the buttocks.
  - Complete all reps on one side before switching to the other side.

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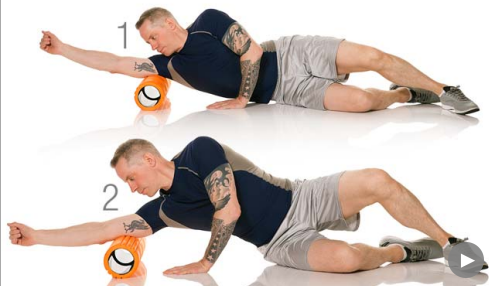
## Quadriceps Myofascial



- 1 - Lie face down with a roller under lower thighs just above your knees supporting your weight on your hands & toes with your arms straight.
  - 2 - Push away, lowering your body down, raising your feet and roll up along the front of your thighs from your knee to mid-thigh.
- Pull back, returning to a straight arm position, rolling down to the top of your knee again.

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## Triceps Myofascial



- 1 - Lie on your side with a roller in your armpit with your arm straight out and your other hand on the mat in front.
  - 2 - Raise your upper body rolling down the back of your upper arm from your armpit to your elbow.
- Lower your body back down, rolling back up your arm to your armpit.
  - Complete all reps on one side before switching to the other side.

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## Upper Back Myofascial



- 1 - Lie on a roller across your upper back with hands on the floor by your sides, your feet flat and knees bent.
  - 2 - Push away, rolling down from your upper back to your mid-back, straightening your legs.
- Then pull back, rolling up from your mid to upper back.

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## Hamstrings Myofascial

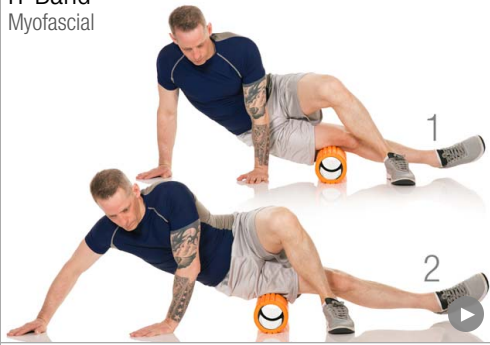


- 1 - Sit with a roller under the top of your hamstring with one leg straight, and the other leg bent with your foot on the floor and your hands about two feet behind your buttocks.
  - 2 - Pull your body towards your hands, rolling down along the hamstring to the back of your knee.
- Push your body back away from your hands rolling up from your knee to your buttocks.
  - Complete all reps on one side before switching to the other side.

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## IT Band Myofascial



1 - Lie on your side with the roller under your hip with your leg straight and the other foot and your hands on the floor.

2 - Pull your body toward your hands, rolling down along the side of your thigh.

- Push away, rolling back up the side of your thigh.
- Complete all reps on one side before switching to the other side.

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