

LOWER BODY foamrolls

WARM UP 30 SEC/PART

COOL DOWN 1-2 MIN/PART PAUSE OVER KNOTS

LOWER BACK



tip: keep your abs tight

HAMSTRINGS



LV II



CALVES



LV II



tip: rotate your calves to hit both heads

GLUTEALS



ADDUCTORS



QUADRICEPS



LV II

tip: rotate your quads to hit all four heads

ANTERIOR TIBIALIS



<http://foamroller.sg>


MYOTRIGGER
FOAMROLLERS

UPPER BODY foamrolls

WARM UP 30 SEC/PART

COOL DOWN 1-2 MIN/PART PAUSE OVER KNOTS

DELTOIDS



NECK



tip: take 5 sec to rotate your head from one side to the other

PECTORALIS MAJOR



TRICEPS BRACHII



TRAPEZIUS



LATISSIMUS DORSI



BICEPS BRACHII



tip: rotate your arm to hit both heads

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