

Piriformis Roll



Start by sitting on the foam roller and put one foot on the opposite knee (as pictured). Lean into one side of your glutes and roll back and forth. Your leg on the floor will control how much pressure is used.

ITB Roll



Lay on your side with the roller just below your hip, placing your other over the other, and foot on the floor. Roll along your outer thigh. Again, your leg on the floor will control how much pressure is used.

Quads Roll



Start by kneeling on the floor with your foam roller across ways in front of you resting up against your thighs. Lean over the roller and place your hands on the floor with your thighs resting onto the roller, as if you are about to do a push up. Rock your body forwards and backwards working your quads along the roller. Remember to stick to the meaty part of the muscle to avoid discomfort.

Hamstrings Roll



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. 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 knees to your buttocks.

Calf Roll



Sit on the floor with your legs crossed over a foam roller. Hold yourself up on your hands and slowly move your body forward and backward as you exert pressure over your bottom leg.

Lumbar Roll



Lie on a roller in your mid-back, with hands on the floor behind, your feet flat and knees bent. 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.