



3 sets  
per exercise

45 seconds  
per set

60 seconds  
rest between sets



For each exercise, perform 3 sets of 45 seconds, resting 60 seconds between sets

Set a timer for about 60 seconds and do the exercise until timer runs out. Do this with each exercises one time through.

Equipment: Foam Roller

### 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.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

### Piriformis Myofascial



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

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

### 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.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

### Hip Flexors Myofascial



- 1 - Lie face down with a roller at hip level, legs straight with one foot off the floor resting on your forearms.
- 2 - Leaning to the side of the raised leg roll up and down this leg from the top of your hip to your mid-quad.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

### 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.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				