

### ARCH ROLL

**STARTING POSITION:**

Stand with your shoes off.

**PROCEDURE:**

Place one foot on a tennis ball. Roll the arch of your foot back and forth over the ball 50 times. Hold on any trigger point for 30 to 90 seconds. Then switch feet and repeat.

**COACHING KEY:**

The more uncomfortable it is, the more the muscle needs to be massaged. Hold on sore spots for an extended time to release them. Roll through different angles to cover the entire arch of your foot.

**YOU SHOULD FEEL:**

As if you were getting a deep massage on the bottom of your foot.



## PIRIFORMIS

### STARTING POSITION:

Sit on one hip with a tennis ball under the outside of one of your glutes (see inset).

### PROCEDURE:

Adjust your position on the ball until you find a sore trigger point. Hold on the spot for 60 to 90 seconds. Move the ball to a slightly different spot and repeat.

### COACHING KEY:

Try to maintain as much body weight on the ball as possible. The more painful it is, the more your muscle needs to be massaged. If you experience numbness or tingling in your foot, adjust the ball to a different spot.

### YOU SHOULD FEEL:

As if you were getting a deep massage to your glute and piriformis (a muscle in your hip rotator complex).



## IT (ILIOTIBIAL) BAND WITH TENNIS BALL

### STARTING POSITION:

Lie on your side with a tennis ball under the outside of your upper thigh.

### PROCEDURE:

Adjust your position on the ball until you find a sore trigger point. Hold on the spot for 60 to 90 seconds. Move the ball halfway down your thigh and repeat. Then move the ball just above your knee (see inset) and repeat.

### COACHING KEY:

Try to maintain as much body weight on the ball as possible. The more painful it is, the more your muscle needs to be massaged.

### YOU SHOULD FEEL:

As if you were getting a deep massage to the outside of your thigh.



## VMO (VASTUS MEDIALIS OBLIQUOUS) WITH TENNIS BALL

### STARTING POSITION:

Lie on your stomach with a tennis ball just above your knee (see inset).



### PROCEDURE:

Adjust your position on the ball until you find a sore trigger point. Hold on the spot for 60 to 90 seconds.

### COACHING KEY:

Try to maintain as much body weight on the ball as possible. The more painful it is, the more your muscle needs to be massaged.

### YOU SHOULD FEEL:

As if you were getting a deep massage to your VMO.



## PEC MINOR

### STARTING POSITION:

Lie on your stomach with a tennis ball under one of your pectoral (upper chest) muscles (see inset).

### PROCEDURE:

Adjust your position on the ball until you find a sore trigger point. Hold on the spot for 60 to 90 seconds. Then switch pectorals and repeat.

### COACHING KEY:

Try to maintain as much body weight on the ball as possible. The more painful it is, the more your muscle needs to be massaged.

### YOU SHOULD FEEL:

As if you were getting a deep massage to your chest.



## TIBIALIS ANTERIOR

### STARTING POSITION:

Get on your hands and knees with a foam roll under the front of your shins, just below your knees.

### PROCEDURE:

Keeping your hands still, roll your knees toward your hands, rolling the front of your shins from just below your knees to your ankles. Repeat for 30 to 60 seconds.

### COACHING KEY:

Keep your back flat and stomach tight throughout the movement. Place as much weight as possible on the roll. Hold on sore spots for 30 to 60 seconds.

### YOU SHOULD FEEL:

As if you were getting a deep massage.



## PERONEALS

### STARTING POSITION:

Lie on your side with your knees pulled to your chest and a foam roll under the side of your lower leg. Your weight should be supported on the roll and your elbow.

### PROCEDURE:

Roll the length of your lower leg, from just below the outside of your knee down to your ankle. Repeat for 30 to 60 seconds per leg.

### COACHING KEY:

Place as much weight as possible on the roll. Hold on sore spots for 30 to 60 seconds.

### YOU SHOULD FEEL:

As if you were getting a deep massage.



## FOAM ROLL EXERCISES

Using a foam roll is the next best thing to getting a professional massage. By using one on the areas as described on the following pages, you'll find that you get much of the benefit, without the cost of a massage therapist.

The more uncomfortable a muscle feels during the foam roll treatment, the more it needs to be massaged. Hold on sore spots for an extended time (30 to 90 seconds) to release them before moving on to the next sore spot.

### CALF

#### STARTING POSITION:

Sit on the ground with your legs straight, your left leg crossed over the right, and a foam roll under your right calf.

#### PROCEDURE:

Lift your butt off the ground so that your weight is supported by your hands and the foam roll only. Roll the length of your calf, from your Achilles to behind your knee, and repeat for 30 to 60 seconds per leg.

#### COACHING KEY:

Place as much weight as possible on the roll. Hold on sore spots for 30 to 60 seconds.

#### YOU SHOULD FEEL:

As if you were getting a deep massage.





## HAMSTRING

### STARTING POSITION:

Sit on the ground with a foam roll under the back of one thigh and other leg crossed over it.

### PROCEDURE:

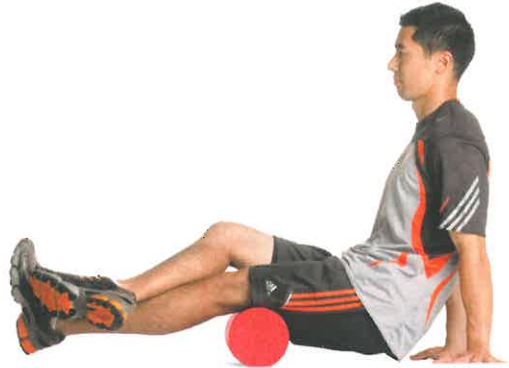
Roll over the foam, moving it up and down the length of the back of your thigh, for 30 to 60 seconds. Then switch legs and repeat.

### COACHING KEY:

If the massage feels too sensitive, uncross your legs and roll both hamstrings at once. Hold on sore spots for 30 to 60 seconds.

### YOU SHOULD FEEL:

As if you were getting a deep massage.



## QUAD/HIP FLEXOR

### STARTING POSITION:

Lie facedown on the ground with a foam roll under one thigh, with the other leg crossed at the ankles.

### PROCEDURE:

Roll along the quads from your hip to just above your knees for 30 to 60 seconds per leg.

### COACHING KEY:

For added benefit, roll slightly on the outside and inside as well as down the front of the thigh. Hold on sore spots for 30 to 60 seconds.

### YOU SHOULD FEEL:

As if you were getting a deep massage.



## VMO (VASTUS MEDIALIS OBLIQUUS)

### STARTING POSITION:

Lie facedown on the ground with one leg to the side, the foam roll just above the inside of your knee.



### PROCEDURE:

Slowly bend and straighten your leg 10 times. Adjust the roll to find a new sore spot and repeat.

### COACHING KEY:

Hold on sore spots for 30 to 60 seconds.

### YOU SHOULD FEEL:

As if you were getting a deep massage.



## ADDUCTOR

### STARTING POSITION:

Lie facedown on the ground with one leg to the side and a foam roll under the inside of your other thigh.



### PROCEDURE:

Roll along the inside of your thigh from your pelvis to the inside of your knee for 30 to 60 seconds. Then switch legs and repeat.



### COACHING KEY:

Hold on sore spots for 30 to 60 seconds.

### YOU SHOULD FEEL:

As if you were getting a deep massage.

## TFL (TENSOR FASCIAE LATAE)

### STARTING POSITION:

Lie facedown with a foam roll under your hip.

### PROCEDURE:

Roll the muscle on the front and slightly to the outside of your upper thigh just below the pelvis for 30 to 60 seconds per leg.

### COACHING KEY:

Hold on sore spots for 30 to 60 seconds.

### YOU SHOULD FEEL:

As if you were getting a deep massage.



## LOWER BACK AND QL (QUADRATUS LUMBORUM)

### STARTING POSITION:

Lie faceup on the ground, with a foam roll under the outside of your mid-back, just below your rib cage.

### PROCEDURE:

Roll from the middle of your back down to your pelvis and repeat for 30 to 60 seconds per side.

### COACHING KEY:

Hold on sore spots for 30 to 60 seconds.

### YOU SHOULD FEEL:

As if you were getting a deep massage.



## MID- AND UPPER BACK

### STARTING POSITION:

Lie faceup on the ground, with a foam roll under your mid-back and your head supported with your hands. Keep your elbows together.

### PROCEDURE:

Roll from your shoulders down to the middle of your back and repeat for 30 to 60 seconds.

### COACHING KEY:

Hold your hands behind your head with your elbows pointed to the sky and close together. Hold on sore spots for 30 to 60 seconds.

### YOU SHOULD FEEL:

As if you were getting a deep massage.



## LAT (LATISSIMUS DORSI)

### STARTING POSITION:

Lie on your side on the ground, with a foam roll under your lower back.

### PROCEDURE:

Roll from the side of your lower back up to your armpit for 30 to 60 seconds. Then switch sides and repeat.

### COACHING KEY:

Hold on sore spots for 30 to 60 seconds.

### YOU SHOULD FEEL:

As if you were getting a deep massage.

