

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