

Foam Roll: Inner Thigh



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

Start

1. Lie on stomach with one thigh extended slightly to side and knee bent.
2. Place foam roll in groin region.

Movement

1. Slowly roll inner thigh; apply pressure on tender spots for 30 seconds.

Foam Roll: Calf



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

Start

1. Place foam roll under mid-calf.
2. Cross opposite leg to increase pressure (optional).

Movement

1. Slowly roll calf; apply pressure on tender spots for 30 seconds.

Foam Roll: Hamstring



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

Start

1. Place foam roll under HAMSTRING with hips lifted off floor.
2. Cross opposite leg to increase pressure (optional).

Movement

1. Slowly roll HAMSTRING: apply pressure on tender spots for 30 seconds.

Foam Roll: Outer Thigh



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

Start

1. Lie with foam roll on side, in front of hip.
2. Cross top leg over lower, with foot touching floor and bottom leg raised off floor.

Movement

1. Slowly roll from upper portion of outer thigh, slightly in front of hip joint, to knee; apply pressure on tender spots for 30 seconds.

Foam Roll: Lat



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

Start

1. Lie on side with arm on floor extended overhead and thumb pointing up.
2. Place foam roll under armpit.

Movement

1. Slowly move back and forth; apply pressure on tender spots for 30 seconds.

Foam Roll: Outer Calf



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

Start

1. Place foam roll under outer calf.
2. Cross opposite leg to increase pressure (optional).

Movement

1. Slowly roll outer calf; apply pressure on tender spots for 30 seconds.



Foam Roll: Hip Rotators



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

Start

1. Sit with foam roll on back of hip.
2. Cross same foot to opposite knee to increase pressure (optional).

Movement

1. Slowly roll back of hip; apply pressure on tender spots for 30 seconds.

Foam Roll: Front of Thigh



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

Start

1. Lie on stomach with foam roll under front of thigh, upper body supported on forearms.

Movement

1. Slowly roll front of thigh; apply pressure on tender spots for 30 seconds.

Foam Roll: Front of Hip



Sets	Reps	Duration	Intensity	Tempo	Rest
1	N/A	30 sec	N/A	N/A	N/A

Start

1. Lie with foam roll on side, in front of hip.
2. Cross top leg over lower, with foot touching floor and bottom leg raised off floor.

Movement

1. Slowly roll front of hip, slightly in front of hip joint; apply pressure on tender spots for 30 seconds.