

Foam Roller Exercises

Courtesy of Loosen Up Bodywork.

140 Gregory Ln. #280, Pleasant Hill CA, (925) 289-9750, www.loosenupbodywork.com



Calves

Sitting on the floor with your legs extended and your hands on the floor supporting your upper body, place the foam roller horizontally under your calves. Lift your hips off the ground and roll yourself back and forth. You can do one or both calves at a time to adjust the pressure.



IT Bands

Sitting on the floor prop yourself up on one hand a foot and place the foam roller horizontally under the middle of your thigh. Using the other leg and your hands, roll your self up and down from your knee to your hip.



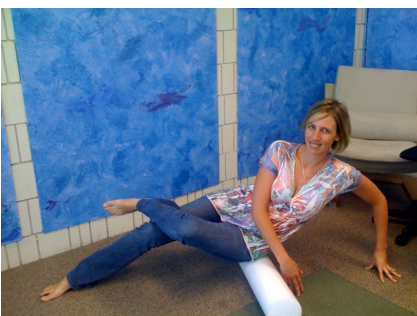
Quads

Laying belly down on the floor propped up on your elbows, place the foam roller in the middle of your thigh. Use your arms to roll yourself up and down. You can work one or both legs at a time to adjust the intensity.



Hamstrings

Sitting on the floor with your knees bent, place the foam roller horizontally just above the back of your knee. Lift yourself up off the floor with your hands and roll yourself back and forth. You can work one or both legs at a time to adjust intensity.



Hips

Sitting on the foam roller bring one ankle to rest on top of the opposite knee. Roll down slightly then to the side of the crossed leg. Rock side to side to massage the hip.