

Foam Roller Exercises

Courtesy of Loosen Up Bodywork.

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



Lats and Teres muscles

Laying on your side with your arm above your head, place the foam roller horizontal to your body under your shoulder blade and rib cage. Use your legs to push yourself up and down



Spine

Laying on the foam roller with it supporting your head and spine, extend your arms out to your sides on the floor. Using your arms for support with your feet on the floor, rock your knees from side to side.



Shoulder flexors and extensors

Laying on the foam roller with it supporting your head and spine, move your extended arms alternately from next to your side to out in front of you to over your head as if swimming.



Rhomboids

Laying on the foam roller with it supporting your head and spine, reach your arms out in front of you as far as you can then bring your shoulder blades back, arms still extended, and try to pinch the foam roller between them.



Pectorals

Laying on the foam roller with it supporting your head and spine, move your extended arms from your sides to straight out from your sides to over your head at the same time as if you were making snow angels.