

ROCK CITY FITNESS

FOAM ROLLING EXERCISES



CALF



HAMSTRING



IT BAND



HIP FLEXOR



QUAD



ADDUCTOR



GLUTE



THORACIC



LAT

GUIDELINES:

PERFORM PRIOR TO WORKOUT AND BEFORE STRETCHING.

ROLL PERPENDICULAR TO MUSCLE.

HOLD ON TENDER AREA FOR 20-30 SECONDS.



ROCK CITY
FITNESS