

Foam Rolling Exercises

Purpose: Myofacial release (self-massage), reduce soreness and muscle tightness, and aid in muscle recovery

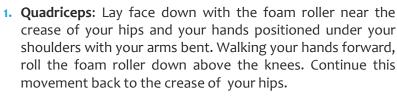
Target Muscles: Quadriceps, Iliotibial (IT) Band, Hamstrings

Equipment Needed: Foam Roller

How to Perform: Roll back and forth across a muscle at a rate of 1 inch per second for 30 to 60 seconds. The pressure on the foam roller should produce some discomfort. For complete coverage, slightly tilt to one side to target different areas of a muscle group.











2. Iliotibial (IT) Band: Lay on one side with the foam roller just below the hip bone and the top leg in front to stabilize your body. Keeping both hands fixed on the ground, roll the foam roller down above the outside of your knee. Continue this movement back to the hip bone. Repeat on the other leg.





3. Hamstrings: Place the foam roller at the top of your hamstrings just below the glutes. Keeping your hands fixed throughout the movement, roll the foam roller down above the back of the knees. Continue this movement back to the glutes.

Advanced Modification: Train one leg at a time to increase the amount of pressure applied to the muscle group.

- Quadriceps one leg on the foam roller at a time
- IT band one leg on top of the other
- Hamstrings cross one leg over the other

