

# Exercise of the Month

October, 2017

## Foam Rolling Exercises

**Purpose:** Myofascial 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.



**1. Quadriceps:** Lay face down with the foam roller near the crease of your hips and your hands positioned under your shoulders with your arms bent. Walking your hands forward, roll the foam roller down above the knees. Continue this movement back to the crease of your hips.

**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



From Corporate Fitness Works Team Leader, Leanne Bishop

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