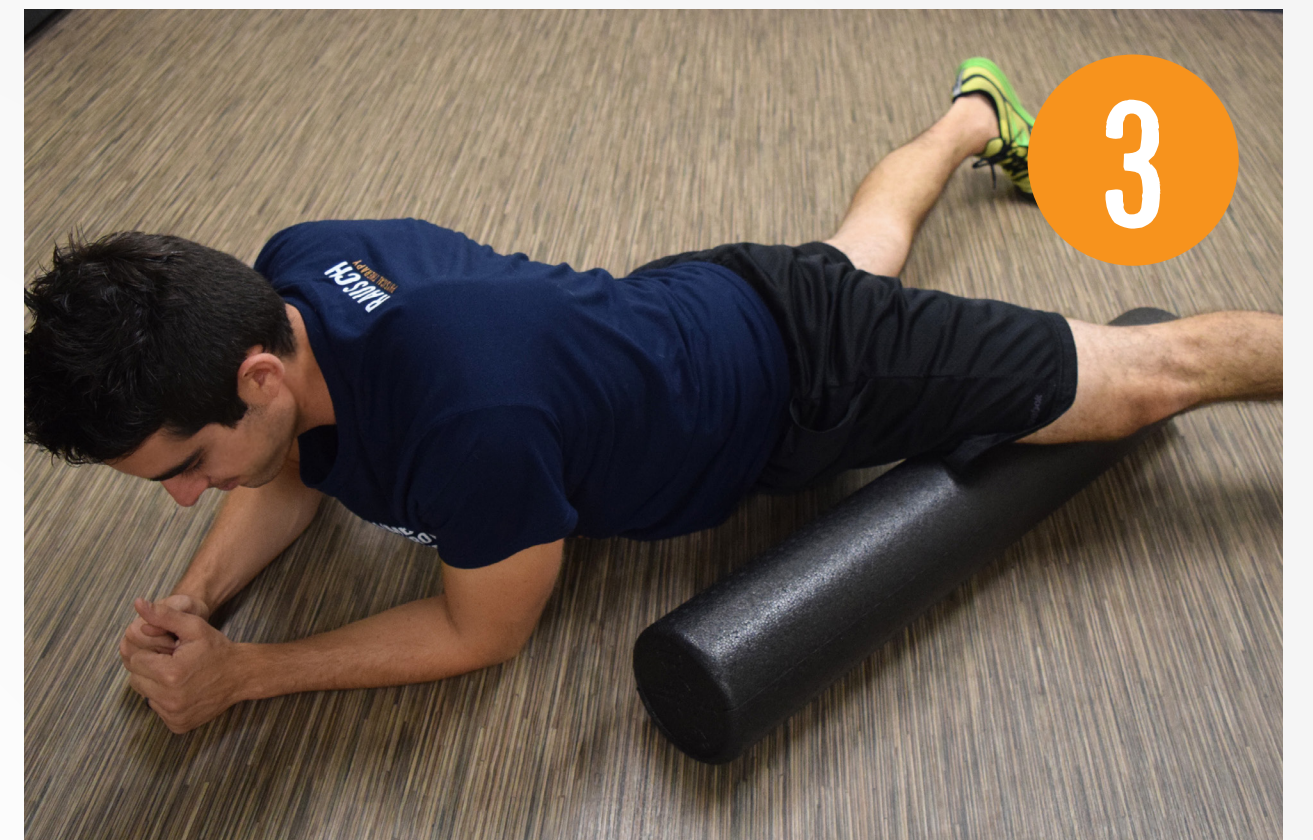


foam roller RECOVERY ROUTINE

Perform these 7 foam roller exercises for a minute each after **EVERY** workout for faster recovery and fewer injuries.



1 CALF
2 QUAD
3 GROIN

4 TFL (TENSOR FASCIAE LATAE)
5 GLUTE/PIRIFORMIS
6 LATISSIMUS DORSI

7 THORACIC
SPINE
EXTENSION

tip!

Roll against the **grain**. Lateral rolling most mimics a manual therapy technique called *cross friction*.